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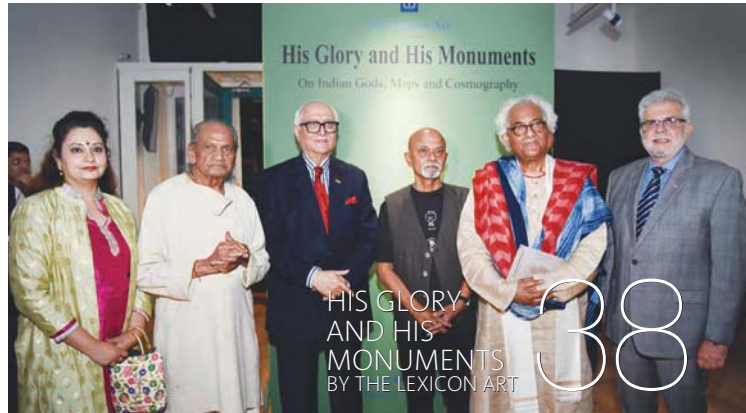
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A new tunnel for the UG aspirants

This is quite a big blow for the aspiring 12th grade students who literally toil for 13 years to take board exams. These exams are the mainstay for higher education all over India and also for a regular career of lakhs of students each year. Taking a decision without involving school and students bodies in this major recourse will only take a toll on confidence of parents-students-employers in India. If pandemic was a reason why students were passing easily or obtaining higher grades, then the government must have waited for the scenario to be near normal, which it is at the moment. But to deal a force majeure and change the entire course of education, exams and learning will come at this substantial cost to the students and to the system, was not warranted. Another exam means studying differently, and additional and costlier coaching for few. The aspirants will have to undergo an added evaluation and it is a replication of a set process. Also, the concern that the local university should not get students outside its jurisdiction or area of influence is easy, all it needed only one government notification refraining the students or the colleges in accepting outside students.

Now, why will the students toil for a board exam? Of what use will these marks be? What rhetoric will the public and the government school address when their students again have to appear for an undergraduate exam? These questions can only be deliberated and will have to be understood in time. Once this new regime of education sets it, requirements will also be new with added costs and time. It is sheer duplicity in work, which has already been settled with board exams. In what appears to be a kneejerk reaction of the administration, recalling this will again be a colossal loss to all the stakeholders.

Delhi the most polluted capital

The APP seems to have failed in keeping this metropolis in check. There are traffic jams all over the city, with the deputy chief and PWD minister as well as the right hand of Kejriwal, Manish Sisodia having little idea on how to handle this city. Since the AAP winning formula is dependent on the expats coming in to the city and seeking any business opportunity from hand

carts to autos, funded by the AAP subsidy schemes, the city has gone to the dogs, quite literally. Quality of the roads being relaid in the city is so bad that the potholes were better. Any construction of the roads leads to jams which last till the AAP's tenure at the moment. In short, the elected government has no clue on how to run the city state, and that they may have the tech to only win it, which has only to distribute the freebies. Being Robinhood for their electoral college does not levy for an excuse that they may be capable managers of this great city as well. While the new entrants and the slums pay zero rupees per unit of electricity, the rich colonies pay as much as 20 rupees for the same. So, playing Robinhood only gets the votes and not a great city administration. Now, with the new problem of unification of the three MCD areas into one consolidated unit, the BJP is at a verbal war with AAP on who will run this metropolis. Indeed, a great space to watch for in the coming few days.



UP elections victory

The BJP did win the elections, but one needs to examine what has happened in some 40 odd seats. The winning margin is so low from 100 to 2500 votes only, that one could say that the party got lucky. Then again, the election is definitely about the winner, and the winner here takes it all. The Congress seems to be more or less finished, so the Shah-Modi agenda is well settled here and now. Committed to making mistakes and lost its bearing totally, with the new generation of Congress leaders still having lots of money from the old booty, it's unlikely that the party will be able to savor a plan for calling a survival shot. From the looks of it, the Congress, top management may just want to leave the country in a few years from now, and that's it. With the Shah-Modi onslaught, AAP has survived but still they were quite busy working on the BSP, which again is totally finished and the SP that could not carry the rhetoric to a commendable winning margin. In the next elections, the SP is unlikely to be a major strength since it may not be left with enough resources and Ram Mandir will be operational for devotees, titling the religion card to BJP's favour with a new religious economy in place.

editor@womansera.com 

CINEPLEX



In this picture, Rakul Preet is seen wearing a pink-coloured two piece and enjoying in the sea. Also the actress is seen smiling. Sharing the picture 'Live in sunshine' on Instagram, she wrote the caption, 'Live in sunshine, swim in the sea and drink the air of the forest.' This picture of Rakul is being well-liked on social media. It has been only a few hours since the photo was shared on Instagram, but till now more than 3.5 lakh people have liked.



Rakul Preet Singh Shared The Picture In Two-Piece And Said- "Live in sunshine"



Praising Amitabh Bachchan Starrer 'Jhund', Dhanush Calls The Film A Masterpiece!



The story of the film revolves around a retired teacher who forms a football team with slum children. It is a film inspired by real life. Positive reactions have come to the fore regarding the film so far. Now, Tamil superstar Dhanush has also been praised after the screening of the film. In a video, Dhanush has described the masterpiece of the film. Dhanush's film Maran is set to release on Disney plus Hotstar.

FROM BOLLYWOOD...

Sushmita Sen Claims She Got Less Work Because Of Her Failure To Network In Bollywood!

Sushmita Sen says that she was not getting such roles from Bollywood, which she wanted to do. That's why she worked in a web series. Sushmita Sen did her last film in 2010. It was a comedy film. The name of the film was *Dulha Mil Gaya*. Fardeen Khan and Shah Rukh Khan had important roles in it. Now she has started doing web series in 2020 with web series *Arya*. Earlier, she was taking care of her two daughters.

Sushmita Sen also said that she failed to network. Because of this she also got less work. She says, 'I am not good at networking. It doesn't work for me.' *Arya* has 2 seasons and the third season has come. Shooting is going on.



Alia Bhatt Takes A Giant Leap After *Gangubai Kathiawadi*, Likely To Debut In Hollywood!

Gangubai Kathiawadi actress has now decided to move towards Hollywood cinema. Yes, Alia Bhatt is going to make her debut in Hollywood soon. She will be sharing screen space with Wonder Woman star Gal Gadot and *Fifty Shades of Grey* star Jamie Dornan.

Netflix India has given information about her debuting in Hollywood cinema through social media. The OTT platform has announced its new project by sharing a picture of Alia Bhatt on its official Twitter handle. According to Netflix India, Alia Bhatt will be seen in the film 'Heart to Stone' with Gal Gadot and Jamie Dornan.





Deepika Padukone Reveals That Her Mother Was The First To Understand That She Need Professional Help!

Deepika revealed that her mother was the one who initially saw that her daughter needed treatment and linked her with a family friend and counsellor, who collaborated with a physician to diagnose the actress with severe depression. According to accounts, the actor was given medicine right away.

Speaking with *Allure*, Deepika said, "Speaking out about my experience with mental illness and standing up for what I believe in, I think all of that happened around the same time." She went on to say that a year previously, she awoke to feel uninspired, directionless, and unwilling to face the world.



Katrina-Vicky Steals Spotlight With A Grand Entry At Dharma Production CEO's Birthday Party!



Filmmaker Karan Johar had thrown a star-studded birthday bash for his close friend Apoorva Mehta, who celebrated his 50th birthday. Gauri Khan, Madhuri Dixit, Anil Kapoor, Ishaan Khatter, Shanaya Kapoor and many others were among the guests invited by Karan.

Vicky Kaushal and her ladylove Katrina made way for the momentous event after Alia Bhatt, Sidharth Malhotra, Varun Dhawan, and Ananya Panday made their entrances. Katrina Kaif wore a hot blue outfit that showed off her toned legs. She completed the ensemble with a pair of shimmering black high heels and a pair of gorgeous earrings.

We are witnessing the forging of history! *The Kashmir Files* is accomplishing something unprecedented in television history. At the box office, the film '*The Kashmir Files*' is receiving a wonderful reception from the audience. The Prime Minister applauded the picture as well. Amit Shah, the country's Home Minister, has now also appreciated Vivek Agnihotri's film. Not only that but Amit Shah was also met by the cast of the film *The Kashmir Files*.

The director's admirers are enthusiastic about his tweet. Also, leave a remark with your thoughts. Let us remind you that Prime Minister Modi lauded the film *The Kashmir Files* and its creators in one of his Monday speeches.

The Kashmir Files Box Office: Makes History, Record-breaking Collection!



Shibani Dandekar Shows Off Her Toned Body Reveals The Reason Behind Pregnancy Rumours



Shibani Dandekar and Farhan Akhtar have finally tied the knot after dating each other for a long time. The duo got married in an intimate wedding with the blessings and wishes of their parents and close friends. After the wedding, the couple posted a series of pictures in which Shibani could be seen wearing a golden body-hugging dress. As soon as the pictures were out people started commenting as "Is she pregnant?" wrote one user. "They are getting married because she is pregnant," wrote another user.

Shibani posted a picture of her toned body in a grey bralette and shorts. Sharing the picture she wrote, "I am a woman! I am notttt pregnant! It was the tequila," with laughing emoticons. Shibani also chose a viral song by Emmy Meli's 'I am a woman' to squash the pregnancy rumour.



Ishaan Khatter's Mother Neelima Azeem Reacts On Son Dating Actress Ananya Pandey

Ishaan Khatter and Ananya Pandey are rumoured to be new lovebirds in the B-town. The duo is often spotted with each other at dinner dates and movie premieres. Although, neither Ananya nor Ishaan has confirmed their relationship. According to reports, the young stars are together.

In an interview, Neelima said that Ananya has become a part of the family and became friends with Shahid Kapoor and Mira Rajput. Neelima further added that Ananya is an important part of Ishaan's life and they are great together. Ananya fits in well with their group of friends and she loved the performance of the actress in *Gehraiyaan*. Neelima also called Ananya's performance realistic and intelligent.



Arjun Rampal Shares A Picture Of His Son, Arik's 'Summer Look', And It's Too Cute!

Although the cutest summer look of Arik is winning millions of hearts. In the picture, Arik can be seen sitting quietly as his haircutting session was going on. While sharing the picture, Arjun Rampal wrote an endearing caption on the top: "Summer look. Heartbreak to cut his lovely locks #Arik." On Holi, the actor Arjun Rampal had shared a family picture with his girlfriend, Gabriella and their son, Arik Rampal from their Holi celebration on his Instagram handle.



SUMMER SIZZLE: A 2022 STYLECAST FOR SUN-KISSED JEWELRY

Here comes the sun, so let's give a dekho to summer's dopamine dressing with some electric colour, playfulness and self-care when it comes to your bling game.



Stacks

Nothing says summer glam like personalised pieces. From enamelled gold to birthstone bracelets and everything in between, get yourself full-stack pieces that glisten.



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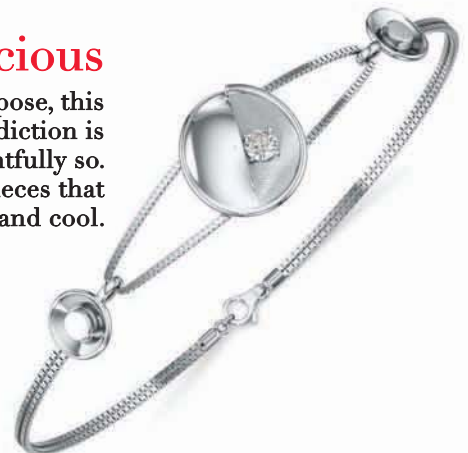


Playful

Off the shelf and onto our OOTDS, playful pieces are going to go hard this summer with sunny hues dressy designs.

Eco-Conscious

Brimming with purpose, this summer's style trend prediction is sustainable and slow-and rightfully so. Go gaga over investment pieces that are kind and cool.



Colour

Positive messaging, bright colours and personalisation are the keywords when it comes to earrings, necklaces and rings in polished gold with a peekaboo of blue, green, pink and deep jewel tones.



Whatever your style, make it summery and stunning with Youlry's born for you pieces in unique, studio-led designs with a side of sunshine.





WHY MOTHER'S MILK IS BEST FOR THE BABY?

Dr. Ranjan Kumar Pejaver

FRCP, FRCPCH(UK), FNNF, FIAP

Immediate Past President of National Neonatology Forum of India (NNF)

Past Chairperson of Neonatology Chapter of Indian Academy of Pediatrics (IAP)

Chief Neonatologist, People Tree at Meenakshi Hospitals, Bengaluru, India

Breastfeeding is the foundation for a child's nutrition, growth, and development. Breast milk has nearly a perfect mix of essential nutrients like proteins, vitamins, sugar, and minerals required for a baby to grow. Mother's milk helps build and support the immune system, reduces the chances of infection, and ensures healthy weight gain in babies. Breastfeeding in the first 60 minutes (golden hour) is crucial because the initial breastmilk or colostrum contains antibodies that offer life-saving protection against various childhood diseases. Besides, skin-to-skin contact in the golden hour promotes stress reduction and mutual bonding in the mother and baby. The World Health Organisation (WHO) recommends breastfeeding initiation in a newborn within the first hour of birth and exclusive breastfeeding for the first six months of life, followed by continued breastfeeding for up to two years and beyond.

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Sky-high *Expectations*

They have to bear it all
on pretext of hospitality.

By Narmrata Gulati

The job of the cabin crew is often advertised as a glamorous and lucrative one. Unfortunately, the reality is far from it. The female cabin crew in India work under prejudicial and hostile conditions, which are riddled with sexism and put far-fetched norms of beauty and perfection on them.





EVEN THOUGH THE CABIN CREW ARE HIGHLY PRONE TO SEXUAL HARASSMENT, THERE ARE NO CONCRETE LAWS OR POLICIES IN PLACE THAT CAN SAFEGUARD THEIR RIGHTS. THE AIRLINES USE THEIR MOST YOUTHFUL YEARS AND MAKE THEM WORK EXTREMELY HARD, ONLY TO DUMP THEM WHEN THEY GO PAST MIDDLE-AGED OR AT THE DROP OF THE HAT, WHICH EXPLAINS THEIR STRESS AND INSECURITY WITH REGARDS TO THEIR JOB.

Sexualised, Stereotyped and Objectified

To begin with, the cabin crew are stereotyped as women who are an easy lay. Ridhima Batra, a former cabin crew with Jet Airways, scoffs, “Once, my mother’s friend actually asked her if air hostesses sit in a pilot’s lap.”

“The discrimination,” she says, “began right from the time when she chose flying as a career. ‘Who will marry you because of your profession! Your in-laws will never accept you!’ The people would constantly berate me over my profession.”

“It is quite annoying to see passengers have their elbows out of their seats when we’re walking around in the aisle. Of course, we will bump into you when that happens!” she mutters.

“It is a nightmare when you’re flying passengers from smaller towns like Agra, Patna or Varanasi. Basically, the Indian immigrants returning from the Gulf have a typical chauvinist attitude. They often mix their drinks and get drunk. It gets difficult to handle them afterwards and we try to sober them down, we are constantly gendered.”

Ira Mehta, who has worked as a cabin crew with both Jet Airways and Swiss International, reveals, “Indian airlines are usually extremely stringent about their protocols with regards to the cabin crew’s make-up, skin, uniform, grooming etc. Something as small as a pimple or a scar could get you grounded. There are strict rules against wearing spectacles, having piercings or tattoos.

The international airlines offer a stark contrast to this, since you enjoy much more freedom and can experiment with your makeup, wear lenses, have tattoos. Pimples and scars are not a life and death matter for them.”

“India has a long, long way to go when it comes to ridding the profession of all the sexualisation and objectification that is a part and parcel of it,” she adds.

She further substantiates her statement with an example, “Look at the uniform that the air hostesses at Spice Jet have to don. They’re so uncomfortable, especially when you have to bend down in a limited space like the aisle. I also wonder why Indigo Airlines does not hire any male cabin crew.”

Mohini Dudeja, a cabin crew with

Indigo Airlines, says, “There are specific days when American Airways’ cabin crew can move about sans make-up. This can be emulated in India also.”

India has always been vociferous about curtailing post maternity attrition and the Maternity (Amendment) Benefit Act is known to have paved the way for it. In the aviation sector, however, things work differently.

Weighty considerations

Ridhima provides some insights into maternity policies that generally prevail in the Indian aviation business.

“Generally, women are given a six-month maternity leave plus two to three additional months to shed all the weight gained during pregnancy and afterwards. Jet Airways offers three months to the cabin crew. The third month is leave without pay.”

A pertinent question that naturally follows is: What happens if

she fails to lose the weight?

“Well, she is asked to quit her job.” She further sheds light on the grave matter.

“There is standardisation of weight (BMI) across all age groups for air hostesses. This is in keeping with the DGCA policy.

Unfortunately, this needs to be looked into and revised because it does not take the birthing process into account or the fact that a cabin crew could also be a breastfeeding mother in need of additional calories, cutting down on which could affect her well-being drastically,” she opines.

She continues, “Adding to the pressure of keeping the kilos off you are the weight checks. These push one into taking the crash-diet route or consuming a poplar pill

NOT MANY KNOW THAT EATING DISORDERS AND MENTAL HEALTH ISSUES SUCH AS ANXIETY AND DEPRESSION ARE ALSO PREVALENT AMONG AIR HOSTESSES.

that keeps a kilo or a two off you for a day or two.”

The former cabin crew was subjected to discrimination and nosiness herself that the cabin crew often have to make peace with, especially when they live independently, if they can manage to get a flat.

“When I was living all by myself in an apartment because of my job,

the secretary of the apartment would check on my whereabouts with my domestic help. When it was time to vacate the flat, my luggage was held back and they wouldn’t let it load because they wanted to see for themselves what I had in my bags!”

Not many know that eating disorders and mental health issues such as anxiety and depression are also prevalent among air hostesses.

“A primary reason behind this is a disruption in work life balance and relationships, which are affected by our odd flying hours,” affirms Mohini Dudeja, a cabin crew with Indigo Airlines.

The Lacunas

“Even though the cabin crew are highly prone to sexual harassment, there are no concrete laws or policies in place that can safeguard their rights,” points out Mohini.

Social activist Rahul Kapoor was prompted to author *Women and Work: The Sky is Full of Sexism* to shed light on this much-neglected profession.

He says, “The aim of the book is to stir up conversations around the profession which has never been done in the past. In fact, there is no full-fledged study or research or any statistics about it.”

His book is already on its way to achieving the goal it had set out to accomplish in the first place.

“It was very well-received by the Chairperson of National Commission for Women, Rekha Sharma, who has promised to approach the Civil Aviation Ministry to look into the welfare of air hostesses.” He leaves us with some food for thought.

“The airlines use their most youthful years and make them work extremely hard, only to dump them when they go past middle-aged or at the drop of the hat, which explains their stress and insecurity with regards to their job.”

What Data Say About It!

India has an aggregate of 17,726 enrolled pilots out of which the number of ladies pilots is 2,764. Worldwide, as indicated by the International Society of Women Airline Pilots, around 5% of pilots are ladies. In India, the portion of ladies pilots is altogether higher - at more than 15%, Minister of State in the Ministry of Civil Aviation, VK Singh said in a composed answer to an inquiry in Rajya Sabha. The level of female pilots in India is two times as high as in most Western nations, including the United States and Australia, a report said.

In any case, the Indian Commercial Pilots' Association had blamed Air India for effectively suppressing ladies pilots. As per a report, the affiliation said that the Upgradation List avoided the names or incorrectly spelled the names of a couple of ladies pilots who took maternity leaves, subsequently adding up to a refusal of due help benefits like Leave Travel Concession (LTC) and antagonistically influencing their position.



In the interim, the minister said that the Women in Aviation International (WAI) - India Chapter conducts numerous mindfulness programmes all over the nation as a team with the Ministry of Civil Aviation, industry, and driving ladies flight experts, with an exceptional spotlight on youthful school children, particularly from low-pay families.

These actions are probably going to upgrade the flying hours at FTOs and the number of Commercial Pilot Licences given per annum. These will help every single trying pilot, including ladies pilots.



Intellectual Foreplay in Sapiosexuals

It starts with the brain.

By A. Kartikeyan

The term sapiosexual has been in circulation for at least 10 years now, and is taken to mean something along the lines of “an individual who finds high levels of intelligence the most sexually attractive trait.” For sapiosexuals, everything begins and ends with the brain.

For sapiosexuals, intellect stimulates sexual attraction. Let's take a look at what it means to be sapiosexual. Because sapiosexuals are attracted to intellect, you can't be a sapiosexual without the brain being triggered. There is no lust, liking, wanting, or sexual gratification unless the brain has been stimulated on an intellectual level first. Sapiosexuals are attracted to and focus on the inner workings of a person's mind more so than the other person's exterior.

When sapiosexuals are in search of a partner, they focus more on their potential mate's intelligence instead of their looks. This means that superficial qualities like body shape, size, or facial features take a backseat. Because intelligence is valued more than looks, sapiosexuals show their attraction for others in a way that's different from the norm. So, if a sapiosexual is interested in you romantically, you can be sure that they value you for more than the way you look.

INTELLIGENCE IS VALUED MORE THAN LOOKS, THEY SHOW THEIR ATTRACTION FOR OTHERS IN A WAY THAT'S DIFFERENT FROM THE NORM. THIS MEANS THAT SUPERFICIAL QUALITIES TAKE A BACKSEAT.

Brain is the new ass

‘His brain made me wet and I had to mentally refrain from climbing over to his chair and sitting on him’, wrote poet Pablo Neruda. While some are turned on by perfect cheekbones, chubby hands, six-packs or a curvy body, others find the mind the most attractive characteristic. Those who are sapiosexual are those who are stimulated or challenged by the way another person thinks, they are basically in love with the mind.

Intelligent but loners

But while some minds are on fire, they are lonely. Of course, physical attraction is important, but unlike looks, intelligence lasts. Sapiosexuals believe that an interesting conversation is more

satisfying than just looking good with your clothes off. You challenge them intellectually, their bodies will follow. Sapiosexuals do not really care whether you are in shape or have an amazing yacht – all they care about are your thoughts. When you come to think of it, does that really make them sapiosexuals, or is it just that they have higher IQs?

A trendy sexual identity

But do we really need to create a whole separate category for those attracted to intelligence? I mean, if that's the case, then we should have a category for each personality trait. Are we sapiosexuals? Perhaps we are just humans and that is what makes us attracted to the mind. Yes, it is true that some prioritise intelligent conversation, but does that mean we should be labelled as different?

Being attracted to intelligence or intellect does not mean the sapiosexual in your life will be turned on by everything that falls in the broad realm of ‘nerdy’. When you can show genuine enthusiasm or curiosity in their unique interests, sapiosexual people will be more inclined to let you in. When you can show genuine enthusiasm or curiosity in their unique interests, sapiosexual people will be more inclined to let you in.

We

Preeti Gugnani: Unmatched Commitment

Excellence and Service with Scholars Rosary.

Mrs Preeti Gugnani
Principal & Chairperson
Scholars Rosary Group of Schools.



During Covid lockdown, when schools were closed but classes shifted online, many schools fast-forwarded to explore different edutech solutions. Scholars Rosary School, Rohtak, was one of the early starters to usher in digital transformation.

Scholars Rosary, a reputed educational institution, takes pride in having educators dedicated to the motto of “Excellence & Service”. The effort is to strive for excellence through an earnest academic pursuit and ‘Service’ through creative and empathetic involvement in the society to nurture young minds. Scholars Rosary is synonymous with hi-tech education where a child acquires the basic facets of knowledge and lays the foundation for a bright career and a socially responsible growth.

“Our institution aims at nurturing the multifaceted personality of the child with the help of modern and sophisticated educational aids. We aim at working on each and every child to ensure that they become a proud part of the national mainstream. Mannerism and etiquettes hold a prominent and primary position to create a commendable environment. The guiding principle of our institution is

to provide total and meaningful education and thus prepare the young ones to face the modern day challenges of a competitive world,” says Preeti, who started the school in 2003.

Preeti entered the field of education as an amateur but with the mission of providing quality and meaningful education to the students in their home city. She is proud that ‘Scholars Rosary’ truly measures up to her dream of providing children with education that reflects Indian culture, to lay the foundation of a well balanced personality. Scholars Rosary School is now one of the best schools in Rohtak, Haryana. The educational institution started with a junior wing that had about 100 students. The institution gradually added more classes, enrolled more students and added more infrastructure.

Today, it has four wings with the strength of almost 5000 students. Its faculty comprises over 280 plus experienced teachers and 400 plus other employees. The school is affiliated to the Central Board of Secondary Education, New Delhi. Scholars Rosary takes pride in



“THAT E-LEARNING WILL REVOLUTIONISE OUR EDUCATION SYSTEM — FROM DIGITAL CLASSROOMS TO CUSTOM CONTENT AND DYNAMIC ASSESSMENTS AND INSTRUCTIONS ARE GAINING TRACTION WITH MANY SCHOOLS AND EDUCATIONAL INSTITUTIONS TURNING TO AVANTGARDE EDUTECH SOLUTIONS.”



Scholars Rosary Preparatory



Scholars Rosary Blossoms



Scholars Rosary Sr. Sec. School



Scholars Rosary Imperial Campus

rewarding its students for their hard work and achievement. Students are motivated not only in academics, sports, arts, science and technology, debates, and conservation of the environment but also are recognised and rewarded for them. The school takes pride in the excellent scores of its students in the Grade X & Grade XII board examinations. Many students of Scholars Rosary have successfully qualified in the competitive examinations and got admission in Indian Institute of Technology, National Law University of Bangalore and some of the best medical colleges of the country after good performance in the NEET Examination.

Friendship and Service

The school has also produced National and International players in varied fields of sports. A proud achievement of Scholars Rosary is Suhana Saini, an aspiring table tennis player, who is currently India Rank 1 and World Rank 5 in Under- 17 Girls category and has qualified for the World Youth Table Tennis Championship. Born and brought up in Delhi, Preeti has done B.Sc. (Hons.), B.Ed. and M.A. in Sociology. After the tragic death of her husband in 2001 in an accident,

Preeti who was just 30 took up the challenge of starting Scholars Rosary School in Rohtak, despite the responsibility of having a five-year-old daughter to take care of. The motto of Inner Wheel is “Friendship & Service”, which she joined in 2002, has been her guiding light through the years. She has served the organisation in various capacities

Awards for Excellence

Preeti was awarded the Renowned Educationist award by Dainik Bhaskar consecutively for 3 years. She was also awarded the Best Woman Entrepreneur by KalpTaru women’s organisation in 2008. She is the recipient of the Rotary Service Award 2017 for exemplary community service. She has received the ASSOCHAM – Women Achievers Award and the Times Excellence award in 2021 for outstanding achievements in the field of education & Service. She received Tejaswini Award 2018-19 by National President of Association of Inner Wheel in India. Preeti was awarded the Elite Woman of the Year by Elite Magazine India (2018-19).

before becoming the District Chairman of Inner Wheel District in 2018-19. Preeti has been appointed as National Representative of all the Inner Wheel Clubs of India for the year 2023-24 and is also the President of R.C. Rohtak Scholars of Rotary District 3011 for the year 2022-23. The desire and vision for a better world motivated her to work for the empowerment of women through adult and child education, sanitation, blood donation camps, health education and awareness on breast and cervical cancer.

Preeti is the founder of Rotary Club of Rohtak Scholars which is the largest women’s Rotary Club in the world with 219 members on roll. She is also a Paul Harris Fellow and major donor of Rotary Foundation. The recipient of countless awards for her entrepreneurship and untiring efforts in transforming the approach towards education in Haryana. She won the coveted Award “Drona” with CV Radhakrishnan by Doctors Association Haryana on Teachers’ Day, on 5th September 21. She won the Exemplary Covid-19 Pandemic Eduleader recognition by Education World & Fliplearn in School of Eminence Awards.

The educationist, entrepreneur and social service worker felt the need to build a school with the mission of transforming the current educational system and providing life skills required to build citizens with the highest moral values.

Dr. Anubha Singh: Woman Empowering Her Tribe

An excellent contribution to society.



DR. ANUBHA SINGH IS ALSO SERVING AS A CONSULTANT IN REPRODUCTIVE MEDICINE AND ASSISTED CONCEPTION. AN INDIAN WOMAN ACHIEVING SUCH HEIGHTS WITH SHEER TALENT AND EFFORT IS A RING OF INSPIRATION FOR MANY YOUNG GIRLS OF THIS COUNTRY.

Dr. Anubha Singh
Medical Director
Shantah Fertility Centre

Dr. Anubha Singh, Medical Director of Shantah Fertility Centre, an awardee of multiple esteemed titles, is a renowned fertility specialist from India. She is one of the most sought-after professionals in her field who is helping India fight the epidemic of fertility with modern methods of assisted conception.



DR. ANUBHA SINGH'S FERTILITY CLINIC CENTRE MAINTAINS THE HIGHEST STANDARDS OF HYGIENE AND TAKES EXTREME PRECAUTION IN STORAGE AND PRESERVATION OF EQUIPMENT. SHE MAKES SURE TO COUNSEL EACH COUPLE ABOUT HEALTHY CONCEIVING ALONG WITH TREATMENT.

Dr. Anubha Singh is also serving as a consultant in reproductive medicine and assisted conception. An Indian woman achieving such heights with sheer talent and effort is a ring of inspiration for many young girls of this country.

Dr. Singh flaunts a rich profile having 14 Years of clinical experience and extensive training in obstetrics and gynaecology at reputed hospitals in London. With her hard work and dedication, she has built a solid base in the subject and is now helping Indian couples conceive.

Today, Dr. Anubha Singh is a member of multiple medical associations in the country. She ensures the availability of the latest tools and equipment in the country to help childless couples with conception. Her unflinching efforts are reflected in the significant success rate of the treatments provided at her IVF centre.

She has been awarded with the Eba- Global- Rose of Peracelsus Awards, London, Quality Choice Price 2019 (Switzerland), Asia One India's Greatest Brand 2018-2019, Trendsetter Top 30 (Powerband)

Thailand 2018 and Business Excellence Certificate- The BIZZ Award (America).

Along with quality, Dr. Singh strives to achieve affordability, she ensures prices are no restriction for couples seeking assisted conception.

She is also actively involved in organising campaigns to raise awareness about the different techniques to resolve the problem of infertility.

Dr. Anubha Singh's fertility clinic centre maintains the highest standards of hygiene and takes extreme precaution in storage and preservation of equipment.

She makes sure to counsel each couple about healthy conceiving along with treatment.

She has risen to become one of India's top doctors motivating many to follow her trail.

Her roaring success in the field of fertility treatment has established this as a great career choice for women.

Awards and Recognition:

- Era Global-Rose of Paracelsus awards, London 2019-20
- Esqr-quality Choice Price 2019- (Switzerland)
- Asia One-India's Greatest Brand -2018-2019
- Iea Thailand 2018
- Business Excellence Certificate-The Bizz award (America)
- Forbes 2020
- Forbes 2021

Aakanksha Bhargava: Stupendous Multitasking Woman

An ambitious and successful leader.

A loving mom, an influential travel blogger, a motivational speaker, and the esteemed CEO of one of the fastest-growing SMEs in India, Ms. Aakanksha Bhargava, is indeed a woman of many roles. Spearheading PM Relocations Pvt. Ltd., a reputed organisation offering relocation

services within India and overseas, this ambitious leader today has become an easily recognisable figure on the global stage. She has successfully steered her company through the pandemic, a crisis that has made her skills more essential than ever. Today, PMR is a 125 Crore company which grew despite the

Aakanksha Bhargava
CEO, PM Relocation Pvt. Ltd.

challenges of the pandemic and aims to achieve a target revenue of 200 Crore next year.

Aakanksha joined PMR at the tender age of 21. Being the boss's daughter, she had to bear the brunt of tremendous expectations. With a highly focused and resolute mindset, she soon began quickly changing things around and working towards scalability. She went on to handle PMR's corporate sales, marketing, and operations, among other departments. In just 15 years, her incredible efforts bore fruit. Under her magnanimous command, PMR expanded its base to 10 offices across India, including Mumbai, Chennai, Pune, Ahmedabad, Hyderabad, and Bengaluru. The bottom-line grew manifold, and turnover increased from INR 3 crore in 2007 to around 125 crore and is growing today. With the sole vision to impact and empower the lives of people, Bhargava made sure that she built a company which was diverse, equal, and inclusive. Starting from 45 employees back when she started her journey to over 600 employees today; PMR has close to one-third of her employee strength as women and is looking to build a holistic ecosystem for young professionals.

PMR is a complete end-to-end service provider for mobility needs, catering to relocation within India and globally. Established as PM Packers & Movers Pvt Ltd in 1986 by Rajeev Bhargava & Rajeev Sharma, the firm was rebranded as PM



“OUR BRAND DIVERSIFICATION AMIDST THE PANDEMIC HELPED US SOAR THROUGH THE CHALLENGING TIMES. WHILE REMAINING BOOTSTRAPPED, OUR STORY HAS BEEN THAT OF RESILIENCE, PERSEVERANCE AND COMPASSION WHERE WE ALL GROWN TOGETHER AS A TEAM, CREATING A BRAND WHICH WE ARE PROUD OF!”



The expert team at PMR handling the diverse packing and moving needs globally.

Relocations Pvt Ltd in 2006 to target the global relocation market. And ever since, the firm has grown over 3000%. Going a notch further, PMR presently has been credited to be a 'Quality' driven and 'Value' centric company that focuses on streamlining the client's experience. "We grew from 45 employees to 600+, working to simplify moving solutions across the globe," says Aakanksha Bhargava, CEO of PMR. "Our brand diversification amidst the pandemic helped us soar through the challenging times. This service extension helped us. While we have achieved so much, it is imperative to mention that we are a bootstrapped organisation with no external funding," she notes.

Setting up aggressive targets for the upcoming years, she is now looking at doubling her revenues. With an aim to become the mover of choice, PMR has rebranded and positioned itself via the various sub-brands to target individual demand markets. It has launched an array of sub-brands namely: PETGO (Pet Moving), RELOPLUS (Relocation Services), ARTISTICS (Art Moving), BAGGAGEPLUS (Baggage Moving), STOREPLUS (Storage Services) & PMRGO (Domestic HHG Shifting) to cater to individual target markets to address customised end-to-end needs in different moving spheres. With Aakanksha's vision, PMR is now spearheading the organised relocation business in India; and its next steps are bound to decide the course that the industry takes.

Aakanksha is a mentor for Niti Ayog and speaker at various



1.25 Lac Sq ft. Warehousing Space Pan-India

platforms such as ISB, MHROD at DSE. She has also been featured by Young Turks and has won several awards such as the 'Best Woman Leader' award at the Business Today SME Awards, 'Woman Entrepreneur of the Year' at the Franchise India Awards, 'Women of Worth' by Outlook Business Magazine, 'WeInspire' by WeConnect International and Runners Up 'Lady Transport Personality of the Year' by Mahindra Transport Excellence Award apart from other leadership awards and media coverages. She has always voiced very strongly for women at work and is a popular speaker at many forums.

She is passionate about sharing her blogs, views, videos on several trivial topics around entrepreneurship, success/failure, being a mother, work-life balance, travelling with a toddler, and a lot more topics that are relevant in today's dynamic work environment. She is a strong advocate of supporting women and young



Team PMR at Client Site

minds and sharing life experiences to create a better world. Besides pulling off the spectacular feat of propelling her company to the top of the industry, Aakanksha is also an avid reader. She closely follows cricket, a game she has loved since her childhood.

A wannabe golfer, this all-rounder also nurtures a deep passion for Bollywood films, music, and dancing. A spot-on inspirer, she is truly a model of what many of us would become.

PM Relocations has leaped over the roadblocks the pandemic posed and bagged several accolades over the last few years for their commitment and quality of services. Their awards history includes Rise to the Challenge Award won under the Transportation & Logistics sector award category by Weconnect International in 2021, Superior Quality Achievement Award won under the International Transportation Services Category at Graebel's 2021 Excellence Awards.

Chandni Kapadia: Crafting Perfection With Midas Touch

A strong foresightedness and perseverance.

CK SAYS “WHEN I LOOK BACK TODAY, THERE IS NOTHING THAT I PROBABLY WOULDN’T DO AGAIN. HOWEVER, THERE ARE THINGS THAT I WOULD DO IN A DIFFERENT WAY.”

Klein, Ralph Lauren - brands she had always dreamt to work for, while she was a fashion student at NY.

A strong foresightedness and perseverance to keep moving forward come whatsoever, has led her to handle leadership roles as the Country and Asia Pacific head for various luxury brands she has worked for. Before she played an instrumental role in launching Starbucks in India in 2012, CK had already led the growth of top luxury brands like NEXT, Accessorize and Calvin Klein in India. Marquee Organisations like Earlsdon Trading UK, Delta Trade International, Debenhams PLC all feature in her resumé.

Giving her best is what she has always been determined to do, whether it is in her profession or in anything she has decided to learn and study. How else could one explain her gaining a law degree with 11 gold medals for excelling in numerous subjects. Her curiosity to understand the legalities in order to understand the legal aspects of the ventures she has run, has also led her to play an active role in the field of law and practice it at a reputed law firm in Ahmedabad and Mumbai.

As CK has progressed and expanded her businesses, her determination to do something for the society, gained a strong hold. She grabbed this perfect opportunity of looking for more

minds like hers, when she associated with GLS University, almost over a decade ago. It was indeed interesting to see a woman driving the global ambitions of the institution. And coming with a plethora of unique qualifications and experience in the same, CK seemed the perfect fit for the role.

Behind her strong entrepreneurial image, she has a soft, human side. A globetrotter and travel enthusiast, CK loves her life. She loves dogs and, in her leisure, plays with her baby pet, Zoey. She has been a strong advocate of preventing of street dogs against animal cruelty and has worked with various NGOs towards it. One could say she has the Midas touch. Every venture that she has undertaken has been successful and she frequently keeps being asked this question “What next!!” ... To which she happily answers, “The Gold itself.”

Now, venturing into a jewellery line and going back to her first love - designing, CK is introducing a make in India brand to reckon with, which would be specially crafted for the Indian women, a jewellery line that would speak and reflect Indian beauty. A brand that would soon be the “Kolber” of India. CK is now waiting for the world to see her newest venture with “Pride Gold” – her own, A Bespoke Jewellery Line - CK’s Pride which is bold and beautiful just like the Indian Women.



Chandni Kapadia
A Leader, Lawyer,
Designer, Scholar, and
Educationist

A leader, a lawyer, a designer, a scholar, and an educationist – These are all the métiers of one individual – Chandni Kapadia. A cosmos child, Chandni’s journey from being a fashion professional to heading a leading university is straight out like a movie. But only that this successful journey of hers is real.

It is indeed a dream come true for a young girl when she sets foot in the City of Dreams, New York. And it is exactly what Chandni did when she was just a teenager to study Fashion Merchandising in Fashion Institute of Technology, New York! She later went on to study her MBA from London School of Economics.

Over the years, Chandni has turned herself into a brand, popularly known as “CK”. A firm believer of manifestation of one’s dreams, CK went on to make it true when she started working for Calvin



Deeksha S Kumar
Managing Director,
Sparsh Foods India Pvt. Ltd.

Deeksha S Kumar: Holding A Spicy Legacy

Bring magic to your kitchen.

MRS. DEEKSHA S KUMAR MANAGING DIRECTOR HAS TODAY TRANSFORMED INTO ONE OF THE LEADING BRANDS IN KARNATAKA AND IS NOW MAKING ITS PRESENCE THROUGHOUT THE COUNTRY. THE BUSINESS HAS BEEN REVOLUTIONISED UNDER THE GUIDANCE OF NEXT GENERATION SCION DEEKSHA S KUMAR.



From the very inception, Sparsh Masalas aim to provide our discerning customers products that are superior not just in taste, but with quality and purity as well. Sparsh started a humble journey of serving authentic Indian taste to food lovers across India and is now looking to expand globally.

What started off as an entrepreneurial journey for Mr. Shivakumariah, the Founder and Managing Director of Sparsh Foods India Pvt. Ltd. He is an Ex-Army-official who served the Indian Army for 16 years courageously. Taking a voluntary retirement, started his entrepreneurship as a wholesale merchant. His spirit, dedication and goodwill earned him a well trusted ground to establish a manufacturing unit and launched a SPARSH brand of Spices & Masalas.

Mrs. Deeksha S Kumar, Managing Director, has today transformed it into one of the

leading masala companies in Karnataka. The business has been revolutionised under the guidance of next generation scion Deeksha S Kumar. She is a post-graduate in CRM from IIM (Indore). Started her career with TCS and later joined the family business “SPARSH”, her trendsetting approach in marketing and brand positioning has won space in the minds of consumers. She strongly believes that the foundation lies in the strategy – consistent quality, constant innovation and delivering the promised taste. Various business firms have recognised Deeksha’s prominent contribution and her devotion towards her work.

Some of the prestigious awards she has received include the Times Business Award 2018 in the MSME sector and Times Power Women Award 2019 – Young Entrepreneur. She has also been felicitated with the Karnataka’s Leading Women Award - 2019 (Business Category) and the Times Business 40 under 40 Award - 2020 (Emerging Women Entrepreneur Category).

The unassuming drive was focused on guaranteeing quality and amount occupied with ground flavours like stew, turmeric and coriander.

The organisation advanced into 'Sparsh Foods India Pvt. Ltd. in the year 2012. The brand invests heavily in bringing to the kitchen healthy Indian flavours with the 'Sparsh' or 'touch' of virtue and flavour.

Sparsh Masalas has an enviable product portfolio of ground spice powders, whole spices, condiments, confectionery and health drinks.

Sparsh Masalas has had a deep impact across the nation, through a solid appropriation organisation in Sparsh Masalas. The items are likewise accessible on different E business markets like Amazon, Flipkart and Paytm.

Today, SPARSH through its numerous product categories and products serve Indian food and spices across India. With a legacy of values, passion and taste, SPARSH continues to celebrate the authentic taste of India.

Priya Anand Gosavi: An Ambitious and Experienced Icon

Unmatchable designs with D Smart Designs.



Priya Anand Gosavi
Owner and Founder
D Smart Designs and D Smart Kitchens

Priya works as a businesswoman in the field of interior design and modular kitchen industry. She has over 18 years of expertise. Priya A Gosavi, expanded Turnkey projects and Office Space in 2012. She caters to retail clients and real estate developers for kitchens and sample flats.

D Smart Designs vision to co-partner with families to convert their Flat into a HOME by eliminating the mindset of hiring a professional Interior Designer as an expensive affair and leverage the Indian cultural diversity to blend with modern designs to provide customised home solutions.

Priya is a well-known name in the industry. Her taste in interior design is unmistakable. Her facility is equipped with a large number of machines that handle every step of the process, from cutting to finishing. In this sector, she is an expert. She is a caring and

hardworking individual. Her work is a form of adoration for her. She is noted for her creativity and perfection in design.

She is also a woman with ambitions. She has also appeared in magazines such as Forbes and many others. She has won numerous honours in her area. She has put forth a lot of efforts to get to this point. She has even worked evenings on occasion to complete the target sites. Her work has always been praised by others. She was always confident of being an interior designer. Today, she can call herself proudly as the owner of an Interior designing firm. She is a proud wife and mother of a son. She manages her work life and house very well.

Life has never let her compromise in any of the roles played by her in life. After being in such a position she is always attached to her base roots. Priya is known for her humble behaviour. She likes spending time with family, friends, and loved ones. Her approach towards life is very enthusiastic. Due to the rising significance of interior design, this profession has become one of the best ever emergent fields in India. Market for interior designing in India is all set to absorb new and aspiring talents. She highly believes in team work and promotes fresh talent by appointing young people in her firm.

Her experience shows that homeowners run around to find it all, but 8 out of 10 people still end

up dissatisfied. So, she has developed a trusted system of management. Her company D Smart Kitchens has been a leader in the field of manufacturing, providing and fixing modular kitchens, modular furniture and modular office furniture since 2010. They have catered to several organizations in the past and have a good working relation with all of them, with no complaints although working with them currently. The business is lined with the current trends in the industry through adoption of new technology and design language.

Their motto is to bridge the gap between aesthetic appeal and affordability. They focus to fulfil Indian needs for interior designing and modular kitchen and be the market leader. D Smart Design is their interior designing firm where they design to aim for cutting-edge and innovative philosophy.

The journey has been challenging and fruitful, and she has carved out a niche for herself in the design industry with a signature style that is unique to D Smart designs as well as D smart kitchens.

AWARDS & RECOGNITIONS

- India Business Award 2017-2018 As Most Stylish Kitchen and Interior Designer In Mumbai.
- By Wbc Corp A Service Leadership Award 2018-2019 As Most Innovative Kitchen Interior Designing Company In Mumbai.



Chitra Manwani
Founder & Managing Director,
Momo Nation Café

Chitra Manwani: Determination, Courage & All Hearts

Taking tastebuds to newer heights of gratification.



parents have had the opportunity to imbibe some serious work culture and feeling of obligation inside the bounds of her family, right from her youth days. She accomplished her initial schooling in Delhi, further proceeded to do her Post Grad from FMS-IRM at Jaipur prior to wearing a few different affirmations to her capability.

Momo Nation Café was started by her late husband, Mr. Pradeep Patel, who in all the genuine sense, was the trailblazer of this brand. While the two of them had been for long associated with brands across different sectors aiming for their growth through franchising, they had been extremely instrumental in setting up effective establishment models for different F&B brands in their individual vocations through their own consulting firm. Along these lines, the aptitude and certainty of accomplishing something of their own likewise came from that standpoint.

Pradeep and Chitra were the same as some other duo branching out on an innovative excursion, having no insight or foundation of owning or running a business. The risks were multifold, from endangering their life's investment funds, to putting their hard-earned standing as 'franchise' consultants in the market at stake, to the risk of jeopardizing their only child's future; everything had the perfect ingredient to go

horribly wrong. One wobbles starting with one gamble then onto the next, taking on each conflict in your psyche to venture out.

Chitra lost Pradeep to Covid 19's subsequent wave in May the year before. The one who began all of this! She humbly acknowledges her extremely difficult endurance of this immense loss and firmly states her resolve to take this brand to heights that her husband and she once dreamt of. She operates her life and this business on four principles; Integrity, ethics, honesty, and management and wishes to stretch out something very similar to the whole worth chain she touches.

Incepted in 2016, Momo Nation Café is about the endeavours and energy towards satisfying affection for Momos as a main fast-food choice in the always-changing elements of the preferences and inclinations of individuals.

While the flagship offering and the brand's particular dishes remain to be various structures and types of "momos", their always extending menu has had the option to accomplish a seriously considerable acknowledgment from the clients regarding their other item advancements and presentations filling in as an encapsulation of the mix of abilities, productivity, and commitment for the taste and quality. Today, they are 75 plus units strong with a presence in more than 12 states across India.

Chitra Manwani, Founder & Managing Director, Momo Nation Café, elder sibling to a younger brother and born to working

AWARDS & RECOGNITIONS

- Woman Entrepreneur of The Year 2022, Fortune India
- Under 40 Promising Entrepreneurs, Businessmint Award 2022
- Women Achiever, AtmaNirbhar Bharat Award 2021
- Global Choice Award for Fastest Growing Food franchise chain of the year 2021
- Indian Achiever's Award for Most Promising Company 2021
- Indian Achiever's Award for Emerging Company 2020
- Widely covered by Fortune India, Achiever's World, MyPencil.com & many more.



Ayodeji Megbope
Founder, No-Leftovers
Country President, Nigeria
Association of Business Women in
Commerce and Industry

In life, sometimes, success can be found in the most unexpected places, the same as what happened with Ayodeji Megbope. In our society, a woman's place is in the kitchen but Ayodeji Megbope gives an incredible twist and makes her life successful becoming an Entrepreneur.

Ayodeji Megbope is the founder of No-Leftovers, a full-size catering service that started with a capital of N1,000. Ayodeji Megbope set an tremendous example for all the women who still don't know the value of their life.

Tell us something about your early life before becoming an Entrepreneur?

I started my life as a young child from Lagos, Nigeria. My father was a civil servant and my life was quite

Ayodeji Megbope: Promoting Taste Not Waste

Goodness of food with No-Leftovers.

AYODEJI MEGBOPE IS THE FOUNDER OF NO-LEFTOVERS, A FULL-SIZE CATERING SERVICE THAT STARTED WITH A CAPITAL OF N1,000. SHE SET AN TREMENDOUS EXAMPLE FOR ALL THE WOMEN WHO STILL DON'T KNOW THE VALUE OF THEIR LIFE. SHE GIVES AN INCREDIBLE TWIST AND MAKES HER LIFE SUCCESSFUL.

different, it was not so easy. I have four siblings. My parents were very close to me, I lost my mother about five years ago. I have been married for 9 years now, and have two children.

I worked as a confidential secretary at the Corona Schools, in Lagos, Nigeria, for nine years. I decided to quit my job to start a playgroup. I signed up for a six months Montessori program to understand everything. By the time the program had ended, I lost total interest and was no longer motivated to run a playgroup.

When did you start cooking, how did you get success in your business?

I used to cook for my husband and my children. Once, my sister-in-law visited our family for a Moin-Moin meal. I had prepared dinner for her. The Moin-Moin was so tasty that my sister-in-law asked to start preparing Moin-Moin for her inclusion.

In the process, her friends, colleagues, and church members started placing orders for me for the Moin-Moin. I decided to go back to the school I used to work at, to see if I could sell them some Moin-Moin.

Why did you choose the catering name, 'No Leftovers Nigeria'?

No Leftovers means "you eat everything." I want people to finish it and leave nothing on the plate.

How did you come to know about the United Nations team?

I started my business and I saw an advertisement in the newspapers that a United Nations team was coming to Nigeria to invest in a women-owned business. It was a partnership between Goldman-Sachs and the Enterprise Development Center (EDC) at Pan Atlantic University, to empower about 10,000 women entrepreneurs. I was selling and hawking Moin-Moin in front of a school.

When did you get your first break in your business?

My first break came when the United Nations team came to Nigeria to invest in women-owned business. I was one of the participants after a 5-month long program. I learned how to structure my business, build communication skills and improve customer service.

Lilian Ong:

Encouraging Lives

A learning journey of past experiences.

IT'S BEEN A LEARNING JOURNEY FROM HER PAST EXPERIENCES. THROUGH ALL THE PROCESS, SHE DEVELOPED HER CONFIDENCE AND SHE WANTED TO EDUCATE HER CHILDREN TO BE COURAGEOUS.



Lilian Ong
Author and Community Builder
Country President, Singapore
Association of Business Women in
Commerce and Industry

A highly skilled author and community builder, Lilian Ong has upgraded living standards and changed the lifestyle of many women who lose their right track of life and are disappointed in their life. Shows the new path to the women and make them powerful forever.

What was your initial experience with education?

I'm from Singapore, it is an Island, a beautiful garden city. My schooling was normal, just like others. As a kid, I was molested by my distant cousins that shattered me. My grandfather noticed my awkward silence. I had turned quiet. I found outlay in stories in kindergarten days, I was fully fascinated by story-telling. I started taking part in story telling competitions. Somehow, those competitions rebuilt my self-confidence.

What was the turning point in your life afterwards?

In my secondary school, there was no more storytelling, no more public speaking. I need to outline my negative energy and I found playing Basketball is the one way to release my fear and that helped me a lot. Within a few years, I represented the school in competition, which helps to regulate body energy. I went to polytechnic and chose Realistic Management in Singapore when I was about 17-18 years old.

How do you manage your personal relationships?

Well, it's been 27 years of my marriage now, of course, we have ups and downs. We try to understand each other better. Sometimes, I find myself tied-up in old memories, I have to break those shackles. My husband encouraged me to start a business. He is very supportive. So, I took up the challenge from ground zero. But I didn't know anything about running a business. He helped me with the same.

Being a courage coach, what is your way to encourage people around you?

It's been a learning journey from my past experiences. I always ask people to seek solutions. Through all the process I developed my confidence and then there came a

point where I feel I want to teach my children, I want to teach my children and should be courageous. So, I asked myself how I can teach my children. I believe the best way is to show them. They see how mommy faces the problems, how mommy escapes from the problem or denies the problem. My motivation is simple. I just want to teach my children. They saw how I learn.

What inspired you to become an author?

I realise in my journey that other women out there are also facing similar problems. So, I decided to write a book and it's not just my story but story of 23 other women. I interviewed 22 women, facing difficult challenges and have their own challenges. After finishing a book everyone has a powerful story. I received feelings, recovered, and developed and to share more women's stories.

What are your future plans as a public speaker or as a community builder?

I want to work in the collaboration with ABWCI (Association of Business Women in Commerce and Industry). Through this, I will organise more programs, work on action plans, improve relationships, on divorce. We will work as a team. If you build unity, you improve your business.



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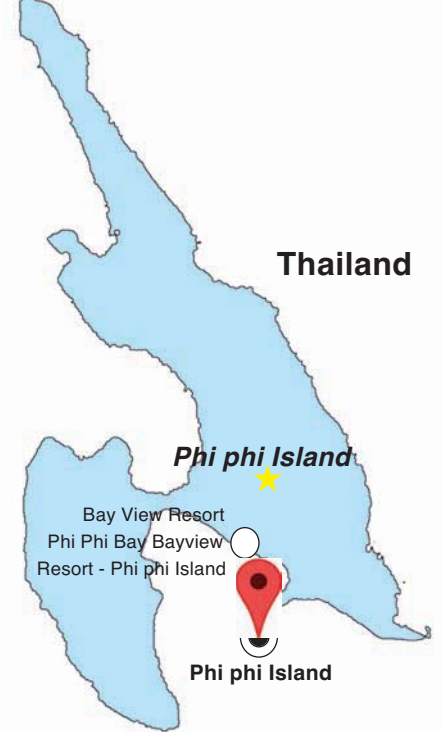
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The Incredible Phi Phi Islands

The lesser known jewels of marine tourism in southeast Asia

By Renuka Krishnaraja



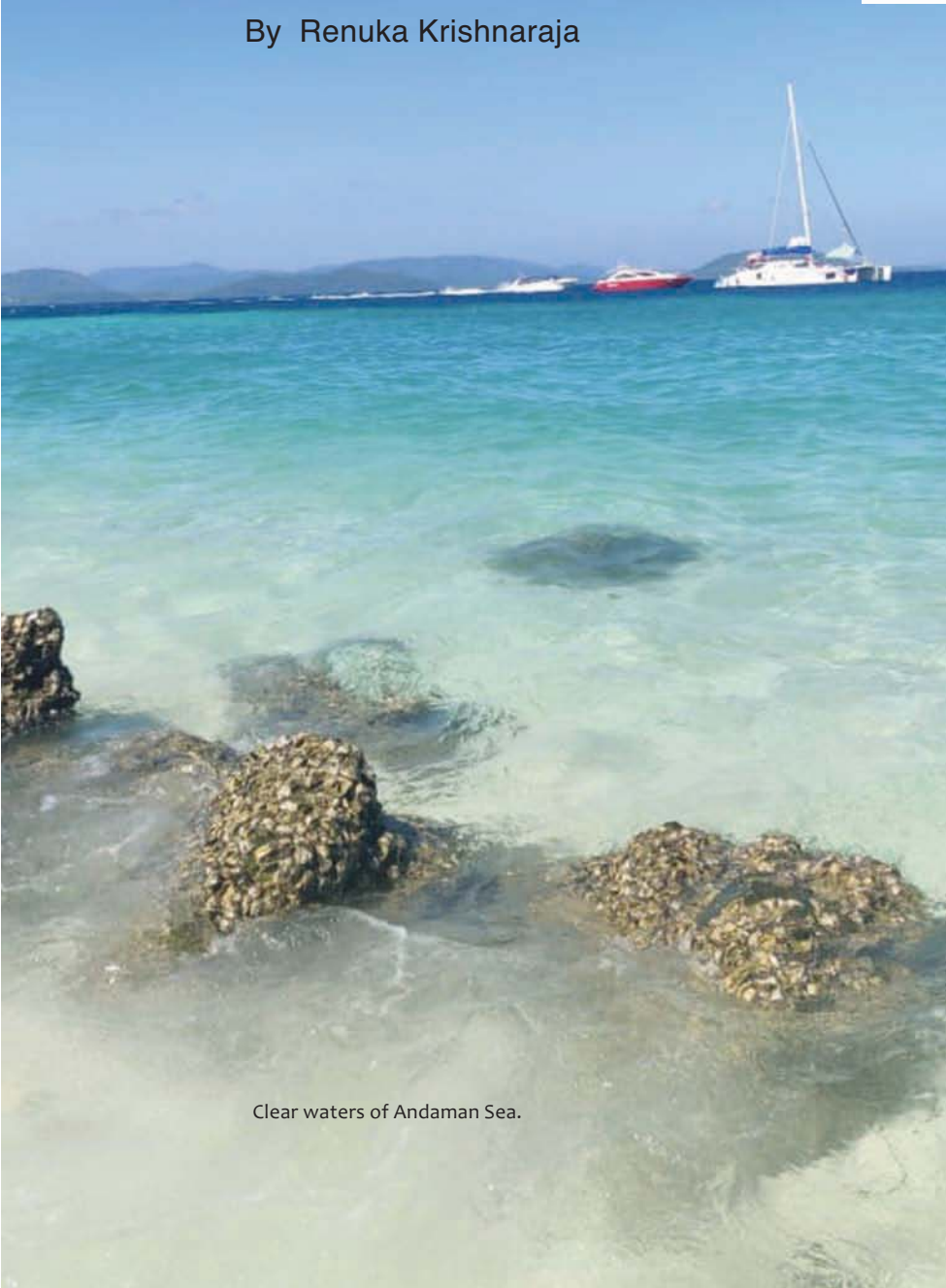
In our day's expedition, we had set out from Phuket town to explore the incredible Phi Phi islands, a group of islands situated in Thailand's Andaman Sea. Emerald green waters at the shore flawlessly turned into turquoise as I looked deeper into the sea, and virtually merged with the brightest blue skies I had ever seen.

Stark limestone cliffs, typical of the region, towered out of waters upon which our speed boat was streaming through at a speed of 35 knots per hour with terrific waves constantly hitting the boat with all their robustness. The cruise was rough yet thrilling. And the visual treat assured me that we were in tropical utopia.

Among all six of Phi Phi's islands, Phi Phi Don and Phi Phi Leh are the largest and the most-known ones. The natural environment is protected and is part of the marine national park. Rising from the sea like castles, the islands feature scenic soft sand beaches with crystal clear water.

The larger of these two, Phi Phi Don has sheer limestone cliffs, fine sand beaches and some hidden coves. With no roads or vehicles on it, getting there was possible just by boat.

A tiny village united the two sides of the island that's lined by cafes, bars, restaurants, souvenir shops and stalls and looked quite like a walking paradise.



Clear waters of Andaman Sea.

ZAYN X ARNETTE

ZAYN's unique collaboration with ARNETTE showcases a new Retro-town look. It's a mix of modern with an old-school vibe, named after legendary characters from epic graphic novels and cult movies. These statement shapes a gender-neutral profiles take us tripping through an alternative reality with synth-pop shades that see beyond the hype.



AN4296 DAKEN



DAKEN

You'll look absolutely dashing with these multi-layered shades. DAKEN's lenses and top bar have a chunky rectangular shape.

AN4295 AGENT Z



AGENT Z

These high-fashion ZAYN x ARNETTE square sunglasses are perfect for any wardrobe. These unisex glasses are perfect for modern, stylish look.

AN3084
THE PROFESSIONAL



AN3084 THE PROFESSIONAL

From old school sports cars and custom artwork to original screen legends. These sunglasses can enhance your casual look.

AN6132
THE PROFESSIONAL



AN6132 THE PROFESSIONAL

A classic favourite, protect your eyes with these stylish ZAYN x ARNETTE sunglasses. Made for smart players who are always game, THE PROFESSIONAL makes iconic style cool.

TUNEZ ELEMENTS 10 OR E10

Tunez E10 Wireless Earphones are trendy-looking premium quality earphones that make you look classy. Tunez is for those people who believe in creating exhilarating moments in their day today life. The E10 earphones come



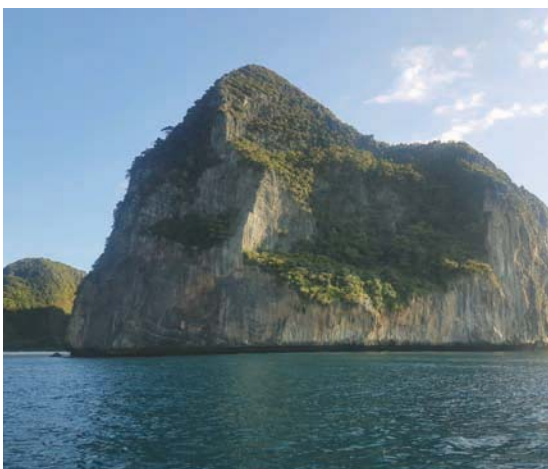
with a long-lasting battery life of 18 hours. These are light weighted earbuds with a great ergonomic design that provides a secure fit, which makes them super comfortable to wear over a long period. Tunez Elements E10 has high-quality material with Anti-Finger print, Scratch Proof, Hand



Sweat Prevention. Enjoy easy access to answer calls or change music tracks using the touch controls of these Elements E10 wireless earbuds. Sound quality is great with beautiful design. It has all the necessary audio features and Bluetooth 5.0 and support features such as IPX5 rating and Maxx bass. Also available in some funky colours to choose from. Tunez is known for its high-quality products which are precision made in India. The brand is owned by Impetus Electronics Pvt Ltd, a homegrown firm that aspires to meet the demands of its customers with a wide variety of audio accessories and smart gadgets that are compatible with the most popular mobile devices.



Maya bay.



Limestone cliffs, typical of Phi Phi islands.



Blue-green waters of Andaman Sea.

Khai Island is a lesser explored gem. As we breezed into the haven, the seascape looked picturesque and stunning. With our snorkeling masks on, we delved into the warm waters. The mysterious underwater world swarming with coral reefs, colourful fishes and many more fascinating creatures seemed to be abiding by to be unraveled. Close encounters with them was gratifying.

THE BEACH

Our boat next ushered us to Phi Phi Leh, which is an uninhabited island made of steep cliffs rising out of blue-jade waters. Several bays here are ideal spots for snorkeling and diving. Most notably, it is home to the renowned Maya Bay.

Our tour guide spelled out the uneventful turn of events that led to its indefinite closure.

In 1999, a British-American film, *The Beach* starring Leonardo DiCaprio was filmed in this gorgeous bay that is surrounded by cliffs on three sides. The vivid natural backdrops were exquisitely captured in the movie which led to

PHI PHI LEH, IS AN UNINHABITED ISLAND MADE OF STEEP CLIFFS RISING OUT OF BLUE-JADE WATERS. SEVERAL BAYS HERE ARE IDEAL SPOTS FOR SNORKELING AND DIVING. IT IS HOME TO THE RENOWNED MAYA BAY.

the worldwide fame of Maya Bay and Phi Phi islands.

But while filming, the delicate natural ecosystem was disturbed leading to the death of coral reefs which attracted criticism from ecologists. The ensuing exorbitant tourism further degraded its plight.

Although great attempts are being made to rejuvenate the spot, it is unfortunate that the innate biodiversity has not yet been restored. So, Thailand government has closed Maya Bay from 1 June 2018, until further notice.

Another site of significance in Phi Phi Leh is the Viking cave, which is located at the bottom of a tall

limestone cliff. Our boat slowed down and the tour guide described its relevance.

Viking cave is known for some curious paintings found on its walls that represent different types of boats. They are recent and were possibly done by some sailors who took shelter in the cave during a storm and were stuck in it without food.

It is said that the men could survive on some edible bird nests available in it. These are swiftlet bird's nests and are believed to promote good health, hence are expensive.

Hunting and harvesting of swiftlet birds' nests is a thriving local industry. Harvesting is a risky task and is done by building bamboo scaffolds upon which hunters climb in the dark to collect the precious nests. The harvesters have even turned Viking cave into their private property.

With breathtakingly beautiful picturesque landscapes and waterscapes that lend an idyllic atmosphere, Phi Phi islands did live up to their name and fame, making for a popular tourist destination. **We**

Top Notch Summer with **Kaftans!**

The kaftans offer versatility that allows the wearer a great range of motion for any occasion while still retaining a chic façade.

This Navy Blue Printed Knee Length Kaftan combines glamour and modesty.



Let your style do the talking with this Black and Yellow Midi Dress.



This White Floral Kaftan for formal affairs is the new must have for the summer season.



The breezy Floral Printed Midi Length Kaftan dress is a great add on to include in your closet.



This Tropical Florette Shorts Set is the perfect look for a tropical beach outing.



Here is a gorgeous Tropical and Geometric Lounge Set to mood up your vacation.

Life In A New Direction

Instead of ruing start afresh.

By Mallika Chugh



Breaking of marriage should not be associated with failure. One has many reasons to call off their relationship as a husband and wife. Prioritising oneself for their emotional needs cannot be described as felonious. One's felicity is very important in life.

Your happiness matters

Every individual is important, and so is their happiness. One should not just stay in a relationship just due to the thought of what others are going to say.

If one feels the time has come and the relationship is no longer giving them happiness, they should move on.

It is not just going to make them feel better. However, it is going to be better for their partner as well. A person who is not happy cannot give real happiness to the other person as well.

Abuses are unacceptable

Don't let your love for your partner cause you to stay in an abusive relationship. It is not

EVERY INDIVIDUAL IS IMPORTANT, AND SO IS THEIR HAPPINESS. ONE SHOULD NOT JUST STAY IN A RELATIONSHIP JUST DUE TO THE THOUGHT OF WHAT OTHERS ARE GOING TO SAY. IF ONE FEELS THE RELATIONSHIP IS NO LONGER GIVING THEM HAPPINESS, THEY SHOULD MOVE ON.

acceptable at any cost. An abusive relationship tends to ruin the individual emotionally, physically as well as psychologically. It drains the soul of an individual who is at the receiving end. No one deserves such fate.

Mental peace is important

An individual's mental peace is very crucial. It cannot be delineated for anyone. One can relax, meditate, work out in order to

increase blood circulation. It helps in increasing the oxygen content in the body, helping an individual relax and feel better.

One can focus on things that are closer to heart

Divorce never means the end of the world. One can simply start focusing on things they have always enjoyed, any hobby, activity, or even a new venture. It will help an individual feel more accomplished by using their time more fruitfully.

The hostile environment is the worst environment

Any individual should never force themselves to live in a hostile environment for the acceptability of society.

It is okay to be deviant if it starts costing peace for anyone. Many times, people tend to hold onto abusive relationships because they succumb to social pressures. However, that is never the right approach as it only suppresses you in emotional, social, and psychological ways.

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Classical Singer Dr. Meeta Pandit, Sculptor and artist Padma Bhushan and Padma Sri Ram V. Sutar; Consul General. of the Republic of the Union of the Comoros- K.L. Ganju; Artist Prabhakar Kolte; Indian designer, scenographer and art curator Padma Bhushan Rajeev Sethi, and Ambassador of Costa Rica- His Excellency Claudio Ansorena (L-R).

Presenting 'His Glory And His Monuments' by The Lexicon Art

The Lexicon Art Gallery organised an inaugural art show at The Lexicon Art, Connaught Place, Delhi, titled 'His Glory and His Monuments'. The theme offered a brief albeit intense account of visual journey into the occult nature of reality and history.

From Jain Tirthankaras to the Sirohi Mandala, 'His Glory and His Monuments' captivated and provided thoughts into the aesthetic, cosmological, and esoteric traditions of both Ancient and Mediaeval India. The art gallery has been presenting shows of

contemporary Indian art. Now, they are stepping a milestone to explore the numerous forms of Indian and International art. The exhibition was curated and also explicated through a book-length essay by Dr Kallol Roy.

The eminent guests who graced the event with their presence were His Excellency, Claudio Ansorena, Ambassador of The Republic of Costa Rica, Consul General (Hony) of the Republic of Union of Comoros Mr K L Ganju, Indian designer, scenographer and art curator Padma Bhushan Rajeev Sethi, Well Known sculptor and artist Padma Bhushan and Padma Sri Ram V. Sutar, Artist Prabhakar Kolte, Classical Singer Dr. Meeta Pandit, Dr. Blossom Kochhar, Philanthropist Neelam Pratap Rudy, Designer Leena Singh, Annie Munjaal, Designer Preeti Ghai, Aashmeen Munjaal, Artist Avijit

Ambassador of Costa Rica- His Excellency Claudio Ansorena, Mamta Nath (Founder and Director of The Lexicon Art)





Artist George Martin



Neeru Saluja, Artist Prabhakar Kolte, Art Curator Dr Kallol Roy, and Artist Avijit Dutta (L-R).



Sculptor and artist Padma Bhushan and Padma Sri Ram V. Sutar, Artist Vijender Sharma



DC Panipat Mr. Sushil Kumar, Artist Gauri



Dr Blossom Kochhar, Neelam Pratap Rudy

Dutta, Artist Manisha Gawade, Designer Neha Gupta, Director and founder of Izhaar by Core Designs Ruchita Bansal, Manisha Bhatia, Mr Gaurav Grover, New Delhi Social Workers Association (NDSWA) and his wife Palka Grover with the Founder Director of The Lexicon Art Mamta Nath.

Mamta Nath, Founder, Lexicon Art Gallery said, "This exhibition, titled 'His Glory and His Monuments' is a collaborative effort of various learned minds in the field of art. We hope to not only exhibit these treasures to all but also make them accessible. Hopefully, for the discerning art lovers, this show shall bring joy and dispense the much-hidden knowledge about an art form which remains enshrined in the scriptures and miniatures."

Curator of the exhibition, Dr Kallol Roy said, "This exhibition

THIS EXHIBITION IS A COLLABORATIVE EFFORT OF VARIOUS LEARNED MINDS IN THE FIELD OF ART.

showcases an eclectic assortment of miniature paintings, manuscripts, maps and other objects which explore the esoteric and transcendental explorations of Hindu and Jain religious and metaphysical systems!"

Dr Kallol Roy holds a PhD in Social Sciences and Art History from the Centre for Studies in Social Sciences, Calcutta and Jadavpur University. He also has a background in literary and culture studies. Besides curating, he is currently working as Assistant Professor of English Literature at Burdwan University, West Bengal.

For almost a decade, The Lexicon Art has been organising meticulously curated shows of contemporary Indian art. With the opening of additional new space in Connaught Place, the gallery is embarking on a new phase of its journey that will not only explore the various forms of Indian but also international art across a wider range of genres and media. Being styled as an international gallery, Lexicon hopes to bring a novel opportunity for the art fraternity comprising artists and art connoisseurs alike.

Exhibition Start: 13th March 2022 to 12 April 2022, (Monday-Saturday)

Time: 11:00 am to 7 pm

Venue: The Lexicon Art M 12, Outer Circle, Connaught Place, New Delhi.

Website: www.thelexiconart.com 



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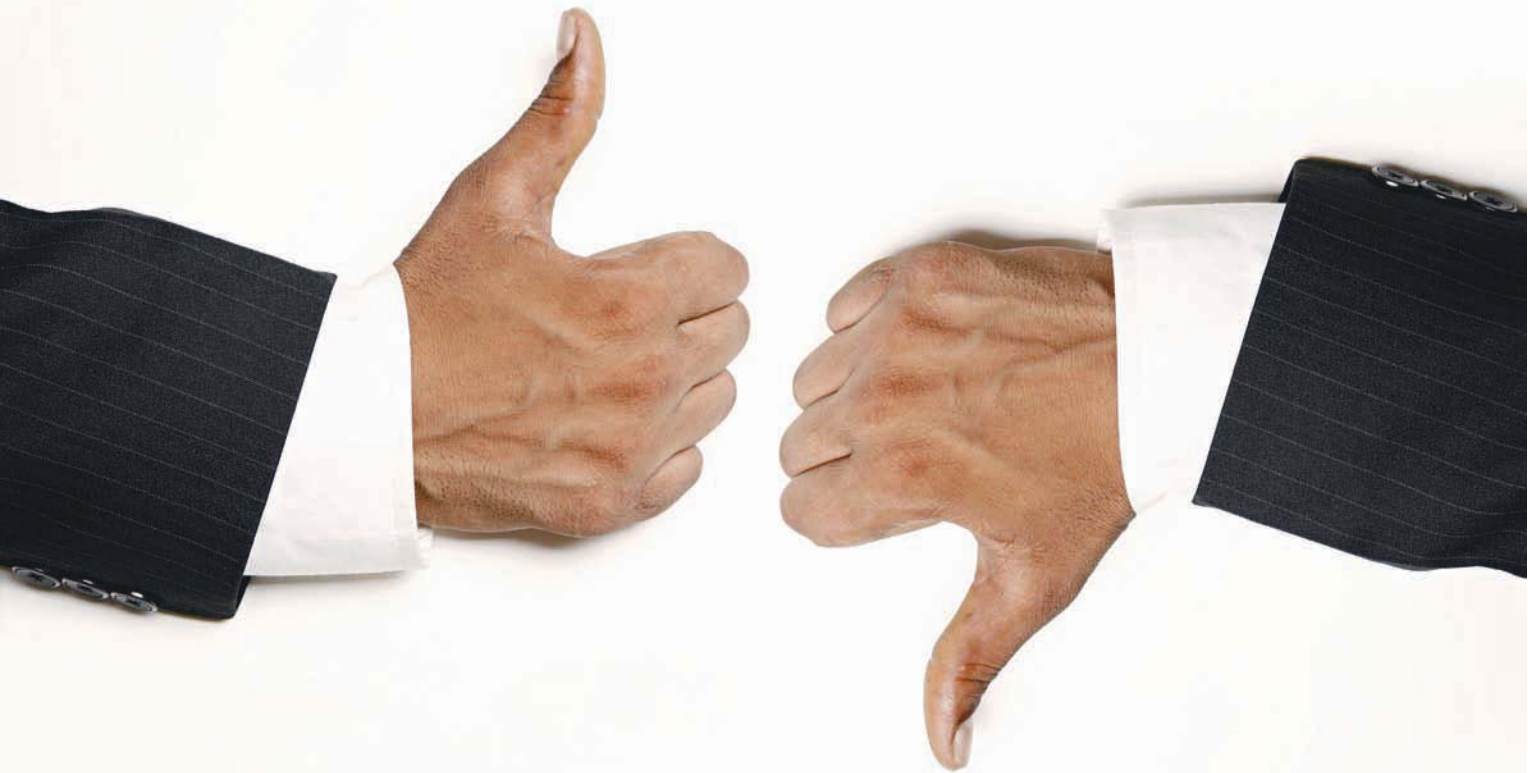




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Did I Say “Yes” OMG What Do I Do Now?

Know your strengths before making a commitment.

By Sudha Chandrashekhara

Rishika’s colleague at work asked her, “Hey, Rishika, can you chair a new committee which we are starting soon?” All excited, without hesitating even for a second, here is her response- “Why not, sure, I will be delighted!”

She is ready to dive in. Her colleagues are thrilled to have her on board.

Moving forward... Rishika happens to browse through emails piled up in her inbox and sees hordes of appointments on her

calendar. It immediately strikes her that she is spread too thin. She initially agreed because she was working only part time and felt she had enough time to chair a committee.

But things have changed... there is less time and less space to squeeze in her commitment. However, the truth is that Rishika gets stressed out at the very thought of the committee and the consequences of backing out of the same.

Can you relate to this?

Are you ready to go back on your commitment? No!

You feel sceptical, as saying NO is never easy!

There is this emotional mix of remorse, incompleteness, and trepidation that overpowers you for you are one among those who always take pride in the fact that you are someone who will not flake on a commitment.

People are relying on you and you are proud of the fact that you are someone who keeps to his or her commitments at any cost. There is this fear of appearing weak; of disappointing others; and that of damaging your reputation. Your goal is not to over commit but to enhance your career prospects.

In addition, you also worry that this will burn bridges and project you in poor light as a team player and an unreliable person. The thought of revoking your consent and facing the brunt of another person's disappointment may be too much for you to take in. This is but normal.

You psych yourself up and go through the undertaking, may be at the expense of your own wellbeing at times. This not only ends up in excess stress for you, but others may also be able to sense that you are preoccupied and overburdened.

Grasping the nettle and then admitting that you are overburdened or inundated is never easy but after all we are human. All of us have over-committed at one time or the other. It is definitely tempting to tell those little white lies to come out of these types of difficult situations... Sick? Urgent work which demands our presence? Having sudden visitors at home?

Now, all of us including myself have done this to save our skins. At this juncture, it is to be borne in mind that being honest about your response is the best way to tackle this unpleasant situation.

We may not back out intentionally but our plate is more than full or too unsettling. When you are caught in such a situation,



THE FACT THAT YOU ARE SOMEONE WHO KEEPS TO HIS OR HER COMMITMENTS AT ANY COST. THERE IS THIS FEAR THAT THIS WILL DAMAGING YOUR REPUTATION. YOUR GOAL IS NOT TO OVER COMMIT BUT TO ENHANCE YOUR CAREER PROSPECTS.

all that you do need to do is to back out graciously. By doing this our reputation remains unspoiled and our relationships grow stronger.

Also, it is in the best interests of other party to know the truth as they can go ahead with their contingency plan. It is always ideal to personally tell them why you are backing out from your commitment. This action may be followed up with an email or SMS.

A follow-up email will put you in a comfortable position... *“It pains me to write this, but I need to step down from this commitment. I am sorry that I am unable to deliver as I thought I would. I apologize for the inconvenience caused and the likely delay in the execution of the project.*

Let me know if there are any questions I can answer, or any other way I can support the program moving ahead.”

You are not alone in this type of a situation. One might feel uncomfortable at first, but believe me it will definitely pass off.

Well, how do we turn that Yes to Nay!

Diplomacy and Honesty takes you through.

Transparency with your client is of utmost importance. In other words, be direct, thoughtful, and, over and above all, be honest.

Stay away from white lies and lengthy explanations. Keep it brief and crisp. It is quite possible that people may tend to get disappointed but considering it in the larger frame of things, others will retain their trust in you which adds to your own credibility as you are being practical and realistic about what you can or cannot deliver.

“I evaluated my prerogatives and I feel that this commitment would prevent me from contributing to my key job responsibilities. That may not be the correct decision for either me or my team and hence I respectfully would request you to change my ‘affirmative’ reply to ‘NO’.



Let your communication be crisp and clear

Let not the communication be full of excuses. Be assertive and clear without over explaining; be polite in informing them that you would not be able to keep up your commitments. Finally you may add-

“I hope you know that I will continue to be interested in the projects. Please do let me know whether anything needs to be done from my side in the interim for the execution of the project.”

THINK WELL BEFORE YOU BACK OUT FROM THE COMMITMENT. CONSIDER THE OPPORTUNITY COST. ASSESS HOW PIVOTAL THE PROJECT IS TO THE PRIORITIES GOVERNING THE BUSINESS; WILL IT EXPOSE YOU TO BUILD SOCIAL NETWORKING OR NEW SKILLS OR HELP IN GETTING TO KNOW OTHER ASPECTS OF THE COMPANY.

Consider the cost

Think well before you back out from the commitment. Consider the opportunity cost. Assess how pivotal the project is to the priorities governing the business; will it expose you to build social networking or new skills or help in getting to know other aspects of the company.

If the answer is yes then, it is worth the sacrifice that you may consider making.

Change your outlook

It is better you understand that it would be rather inappropriate and self-centered to commit to a task knowing only too well that you cannot give the required time and attention to that job. If the promises are not kept, it will lead neither to personal happiness nor to high performance.



Preserve the relationship

It is rather proper to tender an apology and take upon yourself the responsibility for any error or misconception that might have occurred. You were counted upon by the other person. Plans may have been made keeping in mind your participation in the event.

In the case of withdrawing from the event, you could communicate by saying

“I am extremely sorry for any inconvenience this changed reply of mine may cause you. I am really grateful for your having considered me for the event. It really means a lot to me and I’m rooting for the occasion to be a grand success.”

Ending on a positive note and expressing gratitude indicate care and understanding.

Offer an alternative

In the event of your withdrawing from the commitment, it is always better you offer an alternative recourse, which may or may not be used by the other person. But this does project you as a responsible person. Alternately, you may reschedule it to a yet another date if it suits others as well. Or else you can redirect the person to resources like an association, webcast, or some relevant material that would help them solve their problems or meet their requirements.

It would be good if you take a rain check and keep the option open to say ‘yes’ in the future by mentioning that, ***“After rechecking my schedule, I think I may need to reverse my decision and decline this invitation right now. But please do keep me in mind for any other future assignment. Shall keep in touch.”***

Many a time, it so happens that over a protracted period of time, a polite ‘NO’ from you will put you in good stead and you may command more respect from others than had you said ‘YES’ to the commitment.

Expressing genuinely through your intonation, words, and gesture when you are put in a predicament to say ‘NO’ can help you keep up the spirit of the season.





Psychology of Insomina

Take it seriously or pay a heavy price. By Mallika Chugh

Sleepless nights are a common problem in the modern world. Our anxious minds do not allow us to be peaceful at night, resulting in sleeplessness. A good night's sleep pulls away the debris of the day, relaxing the body and recharging and rejuvenating the mind. Here are ways sleeplessness could be impacting your mental health: -

Stress

Stress is part and parcel of today's world. It may become challenging to cope with stress. However, it is vital for every individual to lower their stress and take proper sleep. It helps in calming the body and rejuvenating the individual.

Suppose the individual persists with the issue of insomnia, it results in increased stress. One can calm themselves through meditation helping in sleep regulation patterns.

Decreased output and thinking

Sleeplessness results in decreased output and over thinking. The mind remains clogged, and one cannot think clearly about the

INSOMNIA CAN TRIGGER MOOD SWINGS RESULTING IN TRAUMA, DEPRESSION, MANIA IN EXTREME CASES. IN MOST CASES, SLEEPLESS NIGHTS CAN RESULT IN IRRITABILITY AMONG ADULTS. AFTER A LONG DAY, NOTHING BEATS A GOOD NIGHT'S SLEEP. ONE CAN LISTEN TO MUSIC TO CALM THEMSELVES.

endeavours they plan to achieve. Insomnia will hamper productivity, creating a gap between the social, emotional, and career goals of the individual.

Anxiety

Loss of sleep or very little sleep can induce anxiety in an individual. Anxiety issues are severe mental issues that shall be dealt with by a professional and shall not be ignored in any circumstances. Loss

of sleep can often result in an increase in anxiety.

Mood swings

Insomnia can trigger mood swings resulting in trauma, depression, mania in extreme cases. In most cases, sleepless nights can result in irritability among adults. After a long day, nothing beats a good night's sleep. One can listen to music to calm themselves. This would help them relax and have a good and peaceful sleep.

Low emotional wellbeing

Studies show that mood and sleep have been closely associated with each other. The results of these studies show that individuals with sleep deprivation tend to have low emotional wellbeing, resulting in severe issues such as panic attacks, depression, irritation, and so on. One can keep all the devices away from themselves at night, when they plan to sleep in order to avoid the urge to check their phone for messages, social media scrolling, or work-related checking. All of these activities tend to hamper the sleeping patterns of an individual. **We**



Bold And Flawless Glow!

Picture-perfect to rock the party.

Step 2 Apply the eye base for the eye make-up.



Step 3 Choose a neutral coloured base for the eye makeup.



Step 1



Apply a light layer of a face primer, dab it on with brush.

Step 5 Get a black volumizing and lengthening mascara and apply it on eye lashes.



Step 6 Apply concealer under the eyes.



Step 4



Apply eyeshadow above the crease of eyelid and from the outside corner to the middle of the eyelid.

To contour the nose draw two lines down the sides of your nose and blend them well.

Step 8



Step 9 Use face contour around the cheeks.



Step 7 Gently blend it with the beauty blend all over your face.



Step 11 The final step is applying lip colour with brush.



Step 10 Apply blush to the cheeks with a fluffy brush.



A stunning look is all set for the drama tonight.

Credit Line:
Model: Chandrani
Make-up Artist: Savita Mahera
Insta Id: savitamhera29



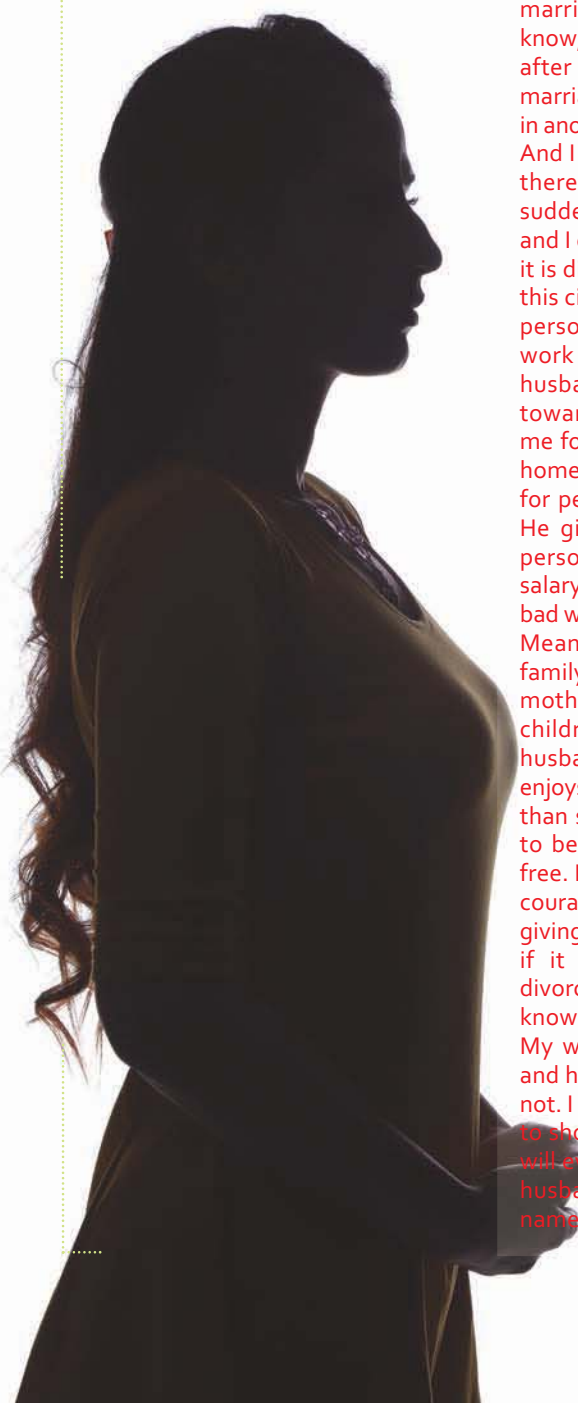
Personal Problems



I AM 28 YEARS OLD AND MARRIED. WE have been married for almost 2 years and it is arranged marriage. There is a saying that no matter how much you talk to someone before marriage, no matter how much you know, his real identity is disclosed only after marriage. I was working before marriage, but my husband is working in another city. So, I had to quit my job. And I thought I would try to find a job there after one or two months. But suddenly came this Corona outbreak and I could not get any job. Moreover, it is difficult to find a job in this city as this city is an IT hub and I am a non-IT person. Hence, I could not even get work from home. Meanwhile, my husband's behaviour also changed towards me and he started taunting me for not working and just sitting at home. Whenever I ask him for money for personal use, he abuses me a lot. He gives me 3 thousand rupees for personal expenses even though his salary is around 80 thousand. I feel so bad when I have to beg him for money. Meanwhile, the pressure from the family to have a child is increasing. My mother-in-law said that after having children everything will be fine. My husband is a very dominant man, he enjoys the company of his friends more than staying with the family. He likes to be a free bird but cannot see me free. I feel suffocated; I don't have the courage to get a divorce. I thought of giving my marriage one more year and if it doesn't work then I will get divorced. But one week ago, I came to know that I am two months pregnant. My world has stopped. My husband and his family are very happy but I am not. I don't understand what life wants to show me the next. Maybe, nothing will ever be right between me and my husband, it is just a relation for the name sake and nothing else.

In this situation, you need to clearly talk to him, about his behaviour towards you and you are not going to take it anymore. If he doesn't respect your wants and needs then you will go back and re-evaluate being with him. If he's ready to change himself that's fine but if he doesn't want to, you will waste your whole life on someone who is not ready to do anything for you. Don't look for excuses in children; you have only one life at home, which depends on your decision in this matter. Remember, you can choose to stay and still have plenty of self-esteem.

MY HUSBAND AND I WERE MARRIED on 12th June 2019. We were only three members in our family. My father-in-law is mentally ill. My husband did not tell me about his condition before marriage. My husband died of Corona on 3 May 2021. By that time, I was 7 months pregnant. Even during pregnancy, I had to do all the hospital work of my husband and also looked after his insurance. And the insurance money was transferred to the father-in-law's account. In that case too, my aunt and all her siblings took advantage of my father-in-law's mental state and became the custodian of his account. My name is not in any property nor do they give me any financial help. My in-laws asked me to remarry and keep pressurising me to leave my husband's house. My baby is just 5 months old. Can you advise me if my child has right over his father's and grandfather's property, even though I might not have any right on my husband's money. How can I secure my child's future? Right now, I am jobless due to Covid conditions and also a single mother to my baby boy. He has the full right to the property of his father and



grandfather, but brothers and sisters of my father-in-law are claiming their right on the ancestral property. They are troubling me. Right now, I am living with my mom and dad. Please suggest what should I do?

The wife has a legal right to live with her in-laws under any circumstances. Even after the death of the spouse. The child has a right over the property of the deceased parent, who does not leave behind a written will. Hence, you can take legal action against your in-laws for the property. And you and your child can live in your husband's house even after the death of your husband because legally it is yours too.

I AM 25 YEARS OLD, A MARRIED WOMAN. Before marriage, my husband had soft corner for a girl. When he told me about his liking, I asked him clearly if he wanted to cancel the marriage, he could. But he refused and said he liked me and wanted a great future with me. One day, I picked up his phone and found a folder in the mail, which I opened and found a pre-wedding chat. He had mailed the conversation to himself and saved it in the mail. Actually, I had seen this chat in the beginning and asked him to delete it and he had deleted it from Whatsapp. But he mailed it again. Why should he have done this? He also searched for the same girl on Insta, and when I asked him about it, he said it was a random search. How can a man randomly find a girl he has had a past with? My understanding of this situation is that he is still holding onto his past. Correct me if I am wrong. If I confront him about it then, of course, he will deny any involvement and say there is nothing like that. I don't know what to do. I don't want to continue this marriage but my concern is my mother I'm stuck.?

Going into denial mode will only make matters worse. As painful as it is to find out that your husband has not moved on, you need to face the reality of the situation. The best thing you can do in this situation is to confront him directly with the evidence. Whether you stay with your husband or leave him, it is your decision. But do not

think about it in a hurry, think with a cool mind and clear the way for whatever decision you take in the end.

I AM A 26-YEAR-OLD HAPPILY MARRIED woman with 2 children, 7 years and 4 years old respectively. Before marriage, I was in love with a boy. He wanted to marry me, but as he belonged to a different community, my parents opposed our match. I left him and later fell in love and married my husband. That man is staying close to my parents' home. He is also married now but has no children. Whenever I go home and if I bump into him, he stares at me although we are not in talking terms. I go back depressed and confused. Do I still love him and vice versa? I am very puzzled. My husband knows nothing about him.

The past is the past. Both of you are married to different people now. A person seldom forgets someone he or she has loved but that does not mean that one should jeopardise one's present happiness and peace by hankering foolishly after what is over and done with. Don't be foolish. Stop wondering whether he still loves you or you still love him. Too many people's happiness is at stake. It is now no longer just the two of you. There is his wife, your children and your husband to be considered also. You both move on in your life and it is not good for you to destroy your happy family and his family life just on a random thought. So instead of thinking about this, you should work on your relationship with your husband and make it stronger.

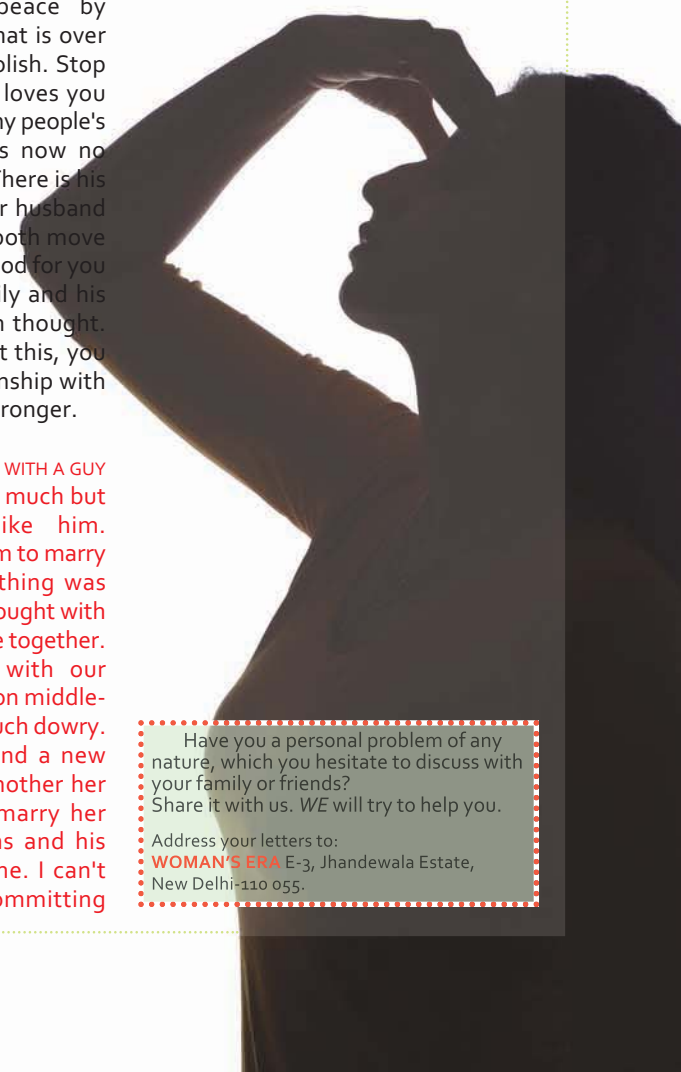
I HAD BEEN IN A RELATIONSHIP WITH A GUY for 2 years. I love him so much but my family doesn't like him. However, I went against them to marry him. Post marriage, everything was going well but suddenly he fought with me and said we could not live together. My family is not happy with our relationship. Being a common middle-class family, we can't pay much dowry. The very next day, he found a new girlfriend and showed his mother her picture too. He wants to marry her now. It has been 6 months and his separation is tormenting me. I can't sleep in night. I feel like committing

suicide. But he is happy in his life. I just want to ask how someone can move so fast. He calls me sometimes and texts me to know if I have a new boyfriend or not. This causes only more pain and discomfort. Please suggest me what should I do.

When you break up you are losing a big part of your life. Hence, it's normal that you are disturbed. Your family members are friend, lover and your support system. After breakup, you may have more free time than before. Try to use this time positively. But always remember that suicide never solves any problem. So, instead of committing suicide think about yourself and work for your peace. Finding things to do can help distract you from the post-breakup trauma. Taking some time off from social media may be helpful in this situation. This ensures that you don't spoil your mood by coming across photos of your ex or pictures of seemingly picture-perfect couples.

Have you a personal problem of any nature, which you hesitate to discuss with your family or friends? Share it with us. WE will try to help you.

Address your letters to:
WOMAN'S ERA E-3, Jhandewala Estate,
New Delhi-110 055.



ATM

The cash source. By A.S. Francis

The hustle of the city gradually faded. The sizzling lights seemed to glimmer in a remoteness that charms the mind and induces into it a strange feeling. Thahar's heart was still like a drum accompanying the entry of a victor into his conquered dreamland. The venerably old Amar guided Thahar to their quarters. The triumphant beat of his heart suddenly changed into a muffled beat, a rhythm of confusion confirmed in dejection. Great expectations had created an Eiffel Tower in Thahar's mind as he left his land of misery and unemployment. Now, the tower seemed to totter on its foundation framed of flimsy dreams. How great is that genius who centuries back exclaimed:

"The face is the index of the mind." Thahar's face proved the verity of these words. And it was a Saturday.

"My boy, here is our little abode. The toilet is only a makeshift. We have to maintain it as our glorious modern." Amar's words had a ring of simplicity wrapped in sincerity. But now the words seemed to falter. It looked as if something had got stuck in his senile throat. Thahar stood almost dumbfounded.

Amar looked at his watch. A sense of hurry swallowed his philosophic graveness. "Hurry up, boy! It is time to get into the workshop."

"But I didn't have my breakfast," Thahar mumbled in the profound

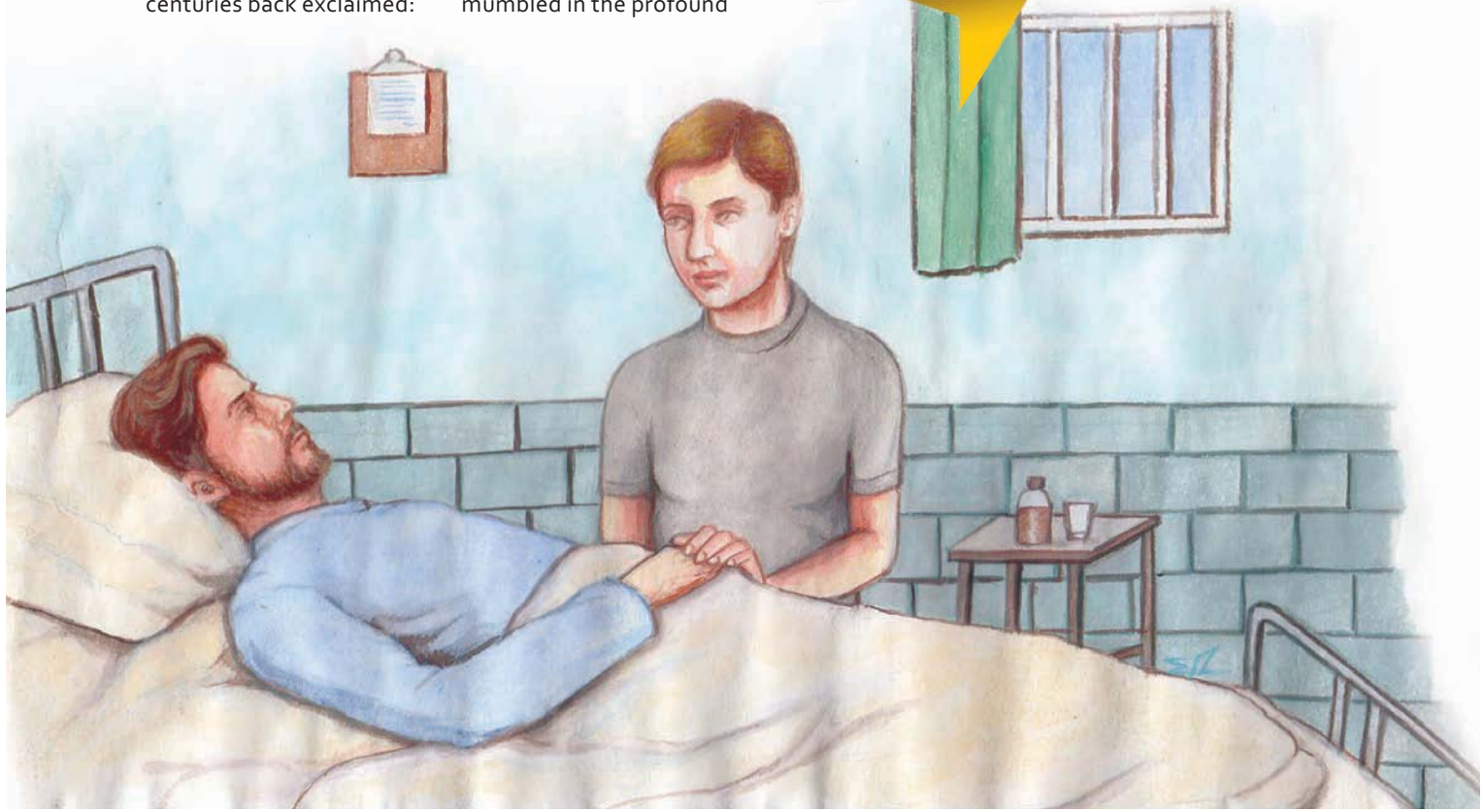
tone of hunger.

"That we shall have at lunch time. Hurry up." Amar's words quenched Thahar's hunger and thirst and inoculated a new energy into him. Then Amar led the way and Thahar bounded behind him like a roe. A few minutes of hurry took the old and the young to the workshop. Thahar stood in amazement as he looked at the contrasting splendour arrayed in the workshop. An unending line of the most

streamlined cars! They seemed to represent all the nations. "Hey! Put on this work dress and get to work." Amar's words shocked Thahar out of a temporary torpor.

Then the "day" began. No noise! All around seriously working hands and calculating minds! "Why do you stand and stare, you new fool?" It was a voice that seemed saturated with the arrogance of authority and affluence. Thahar got a shock of his life. He turned and stood like a small David before a mighty towering Goliath. Amar came to Thahar's rescue. "Sir, he is our new recruit. I will manage him." Hardly had Amar finished the hurried assurance, when the towering figure roared:

Amar's words had a ring of simplicity wrapped in sincerity. But now the words seemed to falter. It looked as if something had got stuck in his senile throat.



"Get to work or get out."
And there was evening and there was morning, the first day.

Hunger seemed to be the best sauce and Thahar swallowed whatever was served at the camp. Rest seemed sweet for it was after strenuous labour. Hence Thahar as directed by Amar just dropped into his bed. It wasn't a bed. It was a mat spread out on the rough floor. But that too was welcome after the day's hard work. Amar wanted to know more about Thahar. But both were steeped in snoring slumber within seconds.

The day dawned. There was a noisy flutter in the camp, which was hushed only at the breakfast table. Then in servile silence all hurried to the workshop. Again the splendour of cars and the squeaking sound of water jets and the smell of washing powder and then the shouts of completing the carwash. Thahar wasn't yet attuned to it. Sometimes, he seemed to be all thumbs. The rolling eyes of anger, belonging to the arrogance of authority were occasionally directed towards Thahar. He felt a little relaxed when he went for lunch. It was a process of sick hurry that hurt the consumer's palate. Thahar's palate wasn't yet hardened because of his novitiate in the exposure to this process of unwholesome hurry. A sullen silence descended when the whistle of the taskmaster announced the time for resuming work. The work went on till another whistle

announced the end of the day's work – work that hastened the transformation of each labourer into a machine. And there was evening and there was morning, the second day.

It happened at the third dawn. Thahar was in the queue at the toilet. It was like "waiting for Godot". The waiting was painful as every waiting is. But then Thahar heard a commotion. It was from the "quarters". Thahar forgot the pressure of the calls of nature and rushed into the "quarters". There lay Amar, surrounded by pitying eyes and no helping hands. Thahar could not bear the indolent attitude.

Thahar shouted at the top of his voice: "Take him to the hospital." That sounded like a prophet's angry shout and it was done.

In Amar's absence everything changed and it was a terrific change. Amar's humaneness and elderly wisdom and mature guidance seemed to have disappeared. "The quarters" and the workshop became veritable hells. It was Dulsar who succeeded Amar. He was a terror, quite in blatant contrast to Amar. At the workshop they could hear only diabolic language, never approved by any religion. Under Amar's guidance tips were pooled and distributed with equality and justice. Now, tips were grabbed by individual greed. That let loose "the dogs of a war". Envy, unhealthy rivalry and Mammon reigned supreme.

Thahar couldn't tolerate the evil reign. He defied the new regime. "Sir", Thahar began with submissiveness, "this was not the way things were under Amar." Dulsar was enraged. "Shut up, you new fool. This is not Amar's land. This is Utopia. My Utopia. It is a Utopia of discipline."

Thahar could not contain his curiosity. "Sir, so there is no need of gold in our Utopia."

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"You new fool, gold! Ah gold! Liquid gold and solid gold! They are the basis of our kingdom," shouted wrathful Dulsar. He continued with the firmness of unmerited authority: "From today onwards all tips should be brought to me. No concealing. No fraudulence. You know that I am the reincarnation of Shylock."

That brought down an unsettling hush. That brought down on Thahar the displeasure of Dulsar, who connived with the owner for the deporting of Thahar. But it was kept a secret. And there was evening and there was

morning, the third day.

The fourth dawn arrived with Dulsar's vengeance on Thahar. "Hey, new fool! Today, you have to go to the hospital and do whatever is needed for your wonderful Amar." Thahar's was not to reason why. Thahar's was only to do or die.

Thahar reached the hospital with a sense of satisfaction that was born of his indebtedness to Amar. Beside Amar's bed sat a dutiful Thahar. Amar broke the brooding silence. "How are things in the camp?" That was a question that threw open the sluice-gates of Thahar's discontentment. Thahar poured out everything without any inhibition. Then he added: "I am fed up. Is there any way for me to get out of this hell?" "Hell!" Amar exclaimed in disapproval and continued: "You should not say so, young boy. How long have you been here?" Thinking that a gate for escape was being thrown open, Thahar said with a sigh: "This is the fourth day." "Only four days! My boy, I have been here for the last 40 years." Amar did not sigh, but there was an unnoticeable emotion lurking in those words. Thahar's curiosity was awakened. "How often have you been at home for vacation?"

"Vacation! Only once!"
"Only once! But why?"
Thahar found it incredible.

"My boy, they do not want me there."

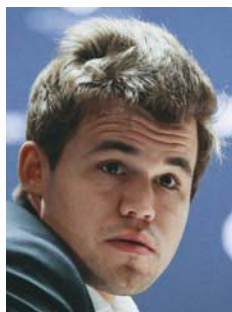
"Then, what do they want?" Now, Amar sighed and said: "I AM THEIR ATM." The rest was a riddling silence.

We

Little Master Enhances Pride Of The Nation

The youngest chess master faces new challenges to rise in the game.

By K.V. Venugopal



International Grandmaster, Magnus Carlsen.



It was not surprising that the Prime Minister Narendra Modi lauded the performance of the new chess champion, R. Praggnanandhaa, after his incredible victory over the International Grandmaster, Magnus Carlsen, in an online rapid chess tournament recently.

It has become a customary practice for him to hail the display of sportspersons in general, of late, unlike his penchant for appreciating only some selected Opposition leaders like Gulam Nabi Azad and Mallikarjun Kharge in politics.

Being a prudent politician, the Prime Minister is aware that sports unites politics, although the adage would remind us that sport is a part of education. For instance, when it comes to sports, especially in cricket, the politicians would prefer to remain united, irrespective of their parties and ideologies.

The 16-year-old lad from Tamil Nadu has created a sensation with

his incredible display and the game chess has produced a new IM after Viswanathan Anand, Harikrishna and a few others.

Interestingly, only Anand and Harikrishna had beaten Carlsen earlier and that speaks volume of Praggnanandhaa's credibility at the highest level.

More importantly, success did not go over his head when the boy with his down-to-earth attitude complimented his coach Ramesh and others, including his family for his stupendous victory.

Praggnanandhaa in an exclusive interview to a renowned daily, made it clear that he has a long way to go before becoming a force to reckon with in the international chess arena.

What is more, he did not attach importance to his victory but, on the contrary, made it known that he had beaten the formidable player only in an online event and would be pleased, if he could outwit him in

an over-the-board tournament.

He also expresses his love for cricket, similar to cricket fanatics in our country, but was candid enough to admit that he would have ended up as a cropper, had he attempted to become a cricketer.

When some cricketers play other games like table tennis, and chess to unwind, Praggnanandhaa would opt for cricket and badminton during his spare time, besides watching other sports.

The electrifying performance of P.V. Sindhu in Badminton emboldened him to perform with renewed vigour in his chosen game. Likewise, the master-blaster, Sachin Tendulkar is his idol in cricket.

The popular Tamil film comedian Vadivelu was a big inspiration for Praggnanandhaa with morale-boosting dialogues like, "Vandutaiyana, Vandutaiyana?" (O, he has come) and "Ennai vecchu comedy keemady pannalaye?" (Hope you are not attempting to indulge in

comedy with me?) whenever he was wilting under pressure while competing with senior players.

He will be proceeding to Italy soon for an online tournament. Would he carry the legacy of chess promoted and championed for its cause by his mentor, Vishwanathan Anand?

He also averred that he would not get carried away with his latest sensation, but would concentrate on his game with a realisation dawned on him that there is always a room for improvement.

The boy would accept success and defeat with consummate ease, as after he became the GM, he is the youngest in India and the second youngest in the world. But when some other players have broken his record and relegated him to the fifth spot, he admitted it due to his slackening attitude.

Is it not time for the Chess Federation and the government to lend their support to Pragganandhaa and other budding youngsters by encouraging them with more sponsors and advertisers to promote the game at the highest level?

CHECKMATE

Chess also needs to be marketed with a focus on long-term interest of the game and with attractive incentives to the players by popularising it at the grass-root level. Television channels need to allot prime-time and bonus slots for promotion of the game.

Chess also needs monitoring of full-time officials, as many office-bearers are functioning only on part-time or retainer basis, by clubbing indoor games like table tennis, carrom and chess, besides working on a pay-roll in reputed organisations and banks.

Naturally, the players cannot expect the concerned officials to rise to the occasion when the chips are down.

It would be ideal to conduct chess tournaments, similar to IPL in cricket, ISL in football, Kabaddi or



THE BOY WOULD ACCEPT SUCCESS AND DEFEAT WITH CONSUMMATE EASE, AS AFTER HE BECAME THE GM, HE IS THE YOUNGEST IN INDIA AND THE SECOND YOUNGEST IN THE WORLD.

the recent Rupay Volleyball in Hyderabad, which created more popularity than the Volleyball staged by the Federation Cup in Bhubaneswar.

The players would also be in a position to earn more money and with the hectic competition around, the standard of the game is bound to increase at the domestic and international level.

Moreover, when the established cricketers like Sachin Tendulkar and Ravichandran Ashwin are evincing interest in the game and are ready to assist the game of chess and its players, it would be ideal for the Federation and its associations to make use of their assistance to the maximum extent possible for overall development of the sport.

The government must visualise the development of the game and the players' prospects from the

initial stage, instead of emerging with attractive incentives in the form of cash and kind and not with a Padma Shri, only after a player wins the gold at Olympics or at other international events.

For instance, Neeraj Chopra became the centre of attraction and was awarded volley of prizes only after he won the gold medal at Tokyo Olympics in Javelin throw last year.

When the Commonwealth and Asian Games are not far off, the time has come to spot the talented players in all sports, considering the turmoil that is afflicting Table Tennis that led the court to ban the Federation for the time being.

“But, why should it affect players like us?” Ask Sharath Kamal, Sathyan and Manika Batra and other TT players of international repute. Does it not look like rob Peter to pay Paul attitude?

They are perhaps right. Would it not be wiser for the concerned Federation and the government to follow the footsteps of the former US President Richard Nixon, who orchestrated a ping-pong diplomacy in 1972, to arrive at an understanding with his deadly foe and the then Chinese premier, Mao-se-Tung, in Peking, which subsequently was being renamed as ‘Beijing’.

We



Nature's Midas Touch

Dive into
serenity with
modern
aesthetics.

Gliding like
wind, standing
strong and yet
fresh and pure
as the leaves.
Flaunt the
beauty like a
true diva.




It's all about nature, about the soft breeze as the weather changes and we bid goodbye to winter and are ready to welcome summer.



Dedicated to the winds of summer as it glides and appears in soft tones and colours representing Indian aesthetics with a modern touch. We bring you the women of today.



Standing there with power of her soul to evolve. Believing that she can wear anything with confidence and yet feeling comfortable without fear of the society.



A strong confident woman and on the other side a divine beauty who is fearless in what she believes.





Classy and elegant
the quintessential
women of today.
Bold and powerful -
they can look you
straight in the eye
with confidence.



Born out of fire yet
as calm as Mother
Earth, the flawless
modern beauty.

Credits:

Photographer: Ramesh Sharma

Fashion Direction & Styling: Harsh Khullar

Designer: Aashfaque Ahmed

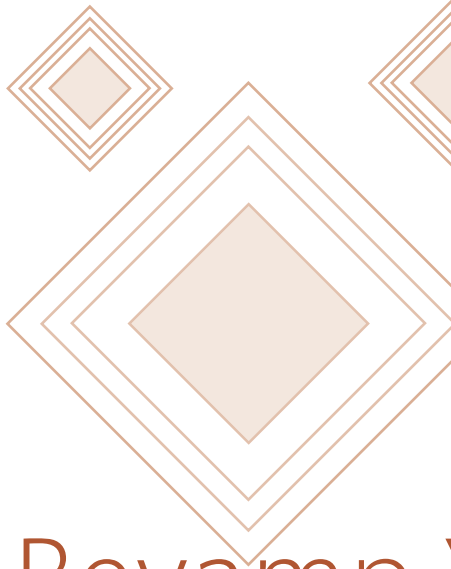
Jewellery: Sunaina K Arora

Models: Deepali Chauhan, Sonnia Sarkar, Sughandha Roy

Agency for Sonnia & Sugandha: SS Model Management

Hair & Makeup: Tanya Grover

Location Credits: Banter, New Delhi



Revamp Your Abode!

Ideas for home renovation. By Himshikha Shukla

Are you thinking of renovating your home? Home renovations are great as they help you transform the look of your home and give it a new feel. A renovation can freshen up your living area and improve its overall value. You can outsource the skills or do it on your own.

Installing a Fireplace

We all love to find comfort and warmth in our homes. Installing a fireplace is great for creating a pleasing ambience. It also increases a home's aesthetic and commercial value. Below are some options you can play around with:

- A see-through fireplace. This has slowly become a hot trend in most Australian homes, and you have to agree that watching the dancing flames immediately adds a touch of class to a room.
- To add an aesthetic and rustic feel to your home, consider getting a wood fireplace. The crackling of wood and the smell it emits is one of a kind.
- If you want a fireplace, but you don't want to faff around with lighting it every time, then check out gas and electric options.

Wallpapers

If budget-friendly options to help change the appearance of your home are what you are after, then consider using wallpaper. Many different designs are available, so getting one that matches your personal preference is easy. Wallpaper can help make your walls look beautiful and luxurious.

Changing the Ceiling Details

Ceilings can make rooms feel cool and airy or warm and cosy. They can create a sense of space and openness. Changing the details of ceilings can uplift and add a new



feel to your home. Modifying these details can play a significant role in enhancing the beauty and look of your home.

Lighting

Lighting helps set a precise tone to your home, making it appear vibrant and lively. You can install some light fixtures on the ceiling and walls, or invest in lamps that you can place around the house. Lighting affects your mood, and depending on your choice, it can make your space feel relaxed, cosy, or even energised.



Integrated Fridge

Since the kitchen is an integral part of any home, you'll want to get this area right. When renovating your home, you should consider setting up an integrated fridge. These fridges become part of the kitchen by using cabinets to blend in.

A Freestanding Bathtub

One of the essential features of home renovation is the bathroom. A freestanding bathtub design produces dramatic effects like a reflecting pool. It will also make the bathroom more elegant and remarkable. With a freestanding bathtub, you have more flexibility with design and installation.

Home Gym

A home gym is an excellent addition to any home. As people start to focus more on healthy living, adding a home gym is a



worthy investment. A home gym offers you convenience, flexibility, and endless options, from simple weight benches to multi-station fitness machines.

KITCHEN IS AN INTEGRAL PART OF ANY HOME, YOU'LL WANT TO GET THIS AREA RIGHT. WHEN RENOVATING YOUR HOME, YOU SHOULD CONSIDER SETTING UP AN INTEGRATED FRIDGE.

Get Started

Renovating and playing around with different designs and techniques can be a fun project to take up as a family. With some effort and planning, you don't have to break the bank and still have a stylish look. Depending on the budget, design styles, materials, and features, you can do the renovation incrementally or at once.

We

#RasodeMeinMardHai An Empowering Concept

Pankaj Tripathi and Bail Kolhu to equalise gender roles in the kitchen.

The stereotype that the kitchen is a woman's place is deeply enrooted and indoctrinated in our society. Even in double-income households, the wife has to cook the meals of the day. The #RasodeMeinMardHai, a social initiative launched by BL Agro, an FMCG company with their flagship product Bail Kolhu and the brand Nourish under its umbrella, is a revolutionary concept that aims to bring a sweeping change to this hardened perception. It inches towards a more gender-equal era where men share the load from stove to sink.

"We wanted to make sure the fit was exemplary because it is the first time you'll see a TVC with three leading actors in the kitchen

cooking. For that reason, we specifically chose Pankaj Tripathi, Manoj Bajpayee, and Nawazuddin Siddiqui. Their personalities and images not only mirror the Bail Kolhu brand but also resonate with the theme," says Ashish Khandelwal, Managing Director, BL Agro.



"It weaves a different story and promotes a sense of responsibility in men towards the kitchen. Lending my voice to the initiative to shape a new narrative and smash the preconceived notion that women must shoulder all kitchen duties," comments Bollywood actor Pankaj Tripathi.

Bail Kolhu is the signature product of BL Agro, launched in 1986 by Ghanshyam Khandelwal, the current Chairman, with the promise of delivering pure and quality edible mustard oil. Today, it is an extremely well-recognised brand, almost synonymous with mustard oils.



A MOM, A TEACHER AND THE TERROR

Latent qualities discovered during pandemic.

By Srina P. Nair

Looking back, I could have done some pre-school teachers training instead while studying business administration.

Covid struck in a way that not only did it shut the schools but the world at large. It was just beyond one's wildest dreams.

All mommies and some daddies, too, suddenly became self proclaimed teachers for their now home-schooled kids.

Two years on! I too became one for our little daughter, in UKG now.

'O yaay!! No schools!!' I beamed with hands up and joy when it began!

"Ah! Teaching my kindergarten kid would be a cakewalk, it would be just basics, alphabets, rhymes and so on," I thought confidently.



Little did I know that the army of my education till post graduation would mean nothing in front of a fortress named Montessori teaching. Looking back, I could have done some pre-school teachers training instead while studying business administration.

From how to hold a pencil to sitting still on a chair during the class, number names to subtraction, Roman numbers, phonics sounds - wait a minute, have you ever...EVER... in your life heard about alphabet phonic sounds?

My hubby and I haven't, until this day... let's leave that topic... okay... *baad mein baat karte hain...baad mein...*

"Papa!!! Pa... Papaa... the internet not workinggg... not connectinggg!!!" she yells, "Come fast..." without waiting she takes her book sized tab classroom towards her dad to fix the problem.

"Uh!! It's an issue from the teacher's side!!" he exclaims.

However, the initial josh of becoming a new teacher was fading away soon. I thought this pandemic, lockdown, and everything would end sooner than later... but not yet...

"How's Josh?" huh... "How's the josh?"

My hubby keeps coming to our room during online class and asks mockingly as if imitating *Uri's* Vicky Kaushal.

"Not so High, Sir" I started replying back.

As a mom during the pandemic, I too struggled with time management and procrastination as

never before. From finding a book and even a pencil among heaps of toys and clothes lying here and there, to forgetting to print her class worksheets...

It had become a lazy affair then, waking her up minutes before her online class time, brushing, stuffing two idlis into her mouth, my fingers are mostly her comb... and there she goes online for her class.

I would wave her goodbye, 'Taa...Taaaa...' Oh! Not so far away, from my kitchen facing towards the dining table, where her warm and cozy study area is set up.

This arrangement was done because:

First, my hubby turned kid's room as office room.

Second, I could multitask in between cooking and attending class.

But seldom do I get to cook in between; one step into the kitchen, "Mom, I need HELP," she shouts.

Another voice comes from the office room also, "Me too..."

I pause for a minute, take a deep breath and say softly, "Me too..."

Everyday, I keep saying, "This is not a mess/restaurant. The kitchen is not open all day and the cook doesn't take special orders." But who hears me out...

"Excuse me," I tap her all the time when she distracts her attention, "Look into the screen, listen to what the teacher is teaching/asking," I constantly remind her.

"SAY SOMETHING," I yelled out of frustration, seeing her staring at the

screen, totally clueless and not responding to the teacher's question. Being on unmute mode, the pressure cooker gave the answer instead... the class teacher then stared back at me...

I mellowed down, felt embarrassed to say the least.

"Go easy on her," I said to myself.

Now, we have realised that she takes a while to

"Not so High, Sir" I started replying back. As a mom during the pandemic, I too struggled with time management and procrastination as never before. From finding a book and even a pencil among heaps of toys and clothes lying here and there, to forgetting to print her class worksheets...

answer and mostly it's correct. Moral of the story:

Patience...Processing thoda dheere chalta hai.

And each night after supper and a story, my little girl gives me a big hug and says goodnight. Nothing mattered more than that, especially during peak second wave. Being alive and with loved ones. I vowed to control my anger.

Like the 1993 American comedy film *Groundhog Day*, it's the next day, it's the class time and it starts all over again. All that love

and compassion comes to a ground zero where the battleground is getting warmed up. This time, I tried hard to stay calm and composed, unknowingly giving her frown and arched eyebrow expressions.

And then the daunting task to get her homework done along with a plateful of domestic duties.

She runs around saying, "5 minutes more playing then I will do homework."

Then anyhow when she does her homework, she says, "Amma, I'm doing homework, but I need to take a 5 minutes break after every minute...ok..."

"Oh great, so finishing one page of homework will take roughly one day," I punned.

I feel she has reserved all these lovely qualities of a stubborn learner just for me!

I would have loved to scream, but then I looked away, grit my teeth and started doing kapalbhati and bhastrika pranayam, in a bid to cool my steaming head. When I was done, she looked amused and I was embarrassed.

We burst into laughter making the tense situation lighter.

We thrived... and learnt a lot in the process along with utmost respect for teachers! Hats off to all teachers out there!

Omi... Demicron... How many more crons to go...

With the pandemic, I discovered that I'm not only a *mom*, but also a *teacher*, chef, maid... list goes on... and a terror too...

We



Jab We Met in Mumbai

It was a day in October, 2017. I was working for an import-export company at Nariman Point. As bonus was due at that time, my boss surprised me by saying that since he found me to be an excellent worker; he had decided to give me a pay raise along with the bonus. I was so excited that I at once called up my sister and told her that I would take her and her family out to dinner. She, however, advised me not to waste money and have dinner at her place, instead.

When I went to her place after work, I was surprised to find no one at home except her brother-in-law sitting in his room. I approached him and asked where they had gone but he did not seem to know. Instead, he told that he was going to a fair and wanted me to accompany him. I was hesitant as I was aware that he was friendly with another girl.

Just then my sister and family returned. I told her that her brother-in-law had asked me to accompany him to the fair. She liked the idea as I was living as a paying guest in Bombay and hardly had gone for an outing. I finally agreed, and changed into one of her dresses and we left with him and his friends.

At the fair, my sister's brother-in-law kept looking out for his girlfriend. I was awfully irritated by his indifference towards me. Finally, he gave up when he could not find her. I was overjoyed as I

had fallen for him but never showed my feelings and instead pretended to be annoyed for asking me out.

After the fair, we all drove to the Gateway of India and there he sent his friends to fetch some cold drinks in order to be alone with me for some time.

An hour or so later, we returned to my sister's place where he asked me to come to his room for a talk.

Once in his room, he proposed, "How would your dad like the idea of two sisters being married to two brothers?"

He was a really cute guy, affectionate and concerned. So I did not hesitate and agreed immediately.

Meanwhile, it was quite late and my sister and her husband, who were anxiously waiting for our return, found us sitting and talking in his room. My sister got angry and told me to come to her room. When I went there she asked me why we were late and what we were talking about. I was nervously tongue-tied, but as she insisted, I blurted out what her brother-in-law had said.

She was shocked because even though both of us had met several times earlier, we had shown no feelings for each other.

The next morning, my sister's brother in-law did not mention the topic. My sister asked me whether she should ask him about the previous night. I agreed and when she asked him, he confessed that he had fallen in love with me at the fair. We got married the same year and are blessed with an adorable daughter today.

– Nirmala Alvares

What a Proposal!

I was working as a stenographer then and was expected to know shorthand. But I was nowhere near knowing it. The manager of the firm where I worked was a very nice guy who proved to be a blessing in disguise for me. He would copy down all the dictation the boss gave me from his own cabin while I would pretend to be writing it down in

shorthand, of which there would be no head or tail.

He always went out of his way to help me. In the mean time, I slowly started thinking the world of him. His attitude too changed towards me as I slowly came to notice.

He tried to get close to me and started visiting my house regularly. Even my parents began to look forward to his visits as he was a very jovial person. Needless to say, I too liked him a lot.

One fine day, suddenly, during a casual conversation he said, "How can I invite you to my marriage when I am marrying you?"

What a proposal!!

I think I had cherished this dream somewhere in my heart for a long time. We both belonged to different religions and opposition was expected from all quarters. After the initial furore cooled down, we got married. Many people even tried to prejudice him against me after our marriage.

But we came out victorious always through all the obstacles and are also the proud parents of two daughters. I can confidently say, he loves me as dearly as before even after 10 years of marriage.

– Latha George

HOW I MET MY HUSBAND

True Incident

WOMAN'S ERA invites you to share your 'secret' with its readers; how and when the spark that kindled your whole being and generated that splendid feeling, came out.

Did you meet him in your college? Was he a childhood friend or an office colleague? Or was it love at first sight? And what did you find in him that changed the course of your life?

Contributions should be of about 500 words, typed or neatly written on one side of the paper only.

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Body Shaming A Social Menace

Toxic words can ruin
an otherwise perfect life.

By Saranya

The last day before summer break is always fun and ends on a lighter note in my class. We discuss all and sundry right from books, movies, outdoor sports, lafamilia and every conversation is peppered with laughs and guffaws. This year, too, was no different until the conversation veered into something serious, though unexpected. It was not meant to be serious when I asked everyone what are they planning to do in their break?

An innocuous question! While everyone came up with slew of plans like meeting their grandparents, going to their native place or just watch good movies with friends; one girl was mulling over something which she clearly hid behind her radiant smile and luminous eyes.

But then she surprised me by letting the cat out of the bag. Fresh and raw, out it came and swept me in its swirling wave of unabashed truth.

“Ma’am, there is a family event where all my cousins are going to come but I am not going.”

The effervescence in her smile melted into the grim reality. I did not interrupt her asking why and why not, as I wanted her to speak without anyone prodding her.

After a momentary pause, she continued in a plaintive tone, “Everyone speaks about my body. It always happens. Every time we meet, my body becomes the subject of the discussion. So, I am going to be alone with myself this time.”

The silence followed and a gloom cast over the otherwise party mood. Before I could come up with a response, which will appropriate her in a comfortable place, rest of the kids found an opportunity and seized the silence to bark out their eventful plans out of their system. The class ended but that girl’s voice haunted me.

A blooming teen should be bubbling with joy to meet her loved ones. But here is a girl, who is more than happy to be by herself because she thinks that will give her peace. Peace from the people who hound her for the way she looks.

Body shamers, you made it. You have conveniently cornered one human and pushed her to the shell. Are you satisfied? Who is your next prey?

These questions are targeted not only towards her relatives but also to the entire society. The society in which people feel entitled to speak whatever they feel when it comes to other’s body.

Having said that, though we raise voices on this issue to make ourselves heard, the society is still in the dark when it comes to body image and shaming. It is time we shed more light on it to normalise all body types and bring in body positivity on spotlight.

What is Body Shaming?

Body shaming is mocking and passing judgements on one’s physical appearance. It is publicly shaming others with hurtful remarks. Ridiculing one’s body image just leads to sentencing them to the remote corner where they shy away to face the world further losing confidence in their own self.

To quote LA City Attorney Mike Feur “Body shaming is humiliating, with often painful, long-term consequences. It mocks and stigmatizes its victims, tearing down self-respect and perpetuating the harmful idea that our unique physical appearances should be compared to air-brushed notions of ‘perfect.’”

BODY SHAMING MAKES ONE FEEL WORTHLESS ABOUT THEMSELVES TO THE POINT THAT THEY START HATING THEIR OWN BODY. IT DAMAGES ONE WHEN THEY START BELIEVING SHAMER’S WORDS AND STOP BELIEVING IN THEIR OWN SELF.

The shamers do not realise the effect it has on the victims. Just like my student’s relatives didn’t. They are not aware of the damage that their words had caused. It is an invisible bruise. Often, it lurks in the dark but causes dreadful injuries that last for a lifetime.

The indelible mark in one’s subconscious can debilitate their overall mental health causing them to breakdown even in the sunniest of days.

The insult and the infuriating remarks cause a person withdraw from what they love most. Take for example, the incident of Lindsey Horan, US women’s national team midfielder which made a buzz and portrayed the toxicity of body shaming. She was repeatedly bullied for her weight which made her almost give up the sport entirely.

In her words, “In France, that was the number one time that I felt like I wanted to quit soccer. I was not enjoying myself and there was just so much wrong being done, that I lost the love for the game.”

Not just that, body shaming stoops to real low when people are least aware of the different body types but put themselves in a box with a singular focus on only a set of body types prescribed by industry standards. Shamer’s words make one falter and they dissolve looking at themselves in the mirror just because some richly callous person is going to shed light on how they should look and how they are not within the bracket of some body type. Lindsey claims that her coach also fell under the bracket where only medium hogged all the attention and million other body types just did not exist. “There was a photoshoot that we did and the guy asked what I needed for a certain jacket, and our coach was in there, and I tried on the medium, and it didn’t fit and I was like, ‘Can I actually do a large?’

“And he was like, ‘At some point you need to be in a medium, you shouldn’t be in a large in this jacket.’ And he smiled and laughed.”





Body shaming makes one feel worthless about themselves to the point that they start hating their own body. It damages one when they start believing shamer's words and stop believing in their own self. And that just leave them unsatisfied, dismal and in despair. It pushes one to adopt unhealthy measures to reach the point where they would be acceptable in society's eye.

Lindsey just did that when she lost more weight, getting to a level she felt was not healthy for her. Why? Because she can be accepted by her coaching staff and not for any on-field reasons.

"I was very unhealthy, and the funniest thing was the coaching staff absolutely loved it," she adds, "They were like, 'Oh, my gosh, look what we did to her, she's so much better for it. She is so beautiful now'."

Like Lindsey, there are many who have idolised shamer's words and gotten themselves where they couldn't redeem themselves. It is important to pause and introspect if the words are healthy or just plain unhealthy, caused to derive pleasure and assuage their own insecurities.

Friendly jibes or penetrative comments pivoting on looks/body image should not be accepted if it crosses one's tolerance threshold.

That just makes us ponder on why one indulges in body shaming.

Why does one indulge in body shaming?

- Makes one feel superior and acts as a balm to their own insecurities.
- Cutting jokes in someone's expense fulfils one's wish to be in the limelight of a social setup.
- a sadistic pleasure in letting one's confidence down.

LINDSEY JUST DID THAT WHEN SHE LOST MORE WEIGHT, GETTING TO A LEVEL SHE FELT WAS NOT HEALTHY FOR HER. WHY? BECAUSE SHE CAN BE ACCEPTED BY HER COACHING STAFF AND NOT FOR ANY ON-FIELD REASONS.



- Lack of awareness and knowledge about body positivity.

Given shaming has gained attention globally, there are people who are just ignorant to it in this aspect.

Sometimes, they don't mean it that way but the damage is done once their words are out. Sometimes, they don't know that direct way of speaking about body image is just not acceptable. And many a time, it is the conditioning which is the culprit of body-shaming-led-toxicity. In order to address it, it is vital to know the signs of shaming.

Signs of Body shaming

- Passing judgements on how others look, especially passing presumptuous/derogatory remarks on their built and physical features.
- Mocking the body type and making it a subject of the discussion in social setting.
- Giving unsolicited advice on how one should improve their health to look nice and presentable.
- Using off hand comments 'Too fat', 'too skinny', 'too tall', 'too short' and so on and unnecessarily pestering them to take charge of their body to look perfect (a flawed notion of perfect that they have formed in their own mental imagery).
- Deriding one and making them feel worthless in their own skin.

While there are different reasons, feeling superior and nursing one's own insecurities by letting down others rank higher in the order.

People who indulge in it find pleasure in dominating others.

How to handle body shaming

- Draw a boundary by telling people politely that you don't feel comfortable talking about your body.
- Be polite but firm even if you are addressing your family or friends.
- Losing marbles or your face betraying the emotions will only cause the shamer to heave their

chest in pride. Instead, look in their eye and say that the words make you uncomfortable and do it with a straight face.

- Give them a piece of your mind by stating facts.
- You can always give a graceful response saying, "Thank you but I like it this way".
- Be around with people who see beyond your body or physical characteristics and accept you for what you are.
- Stay away from others who find ways to debase your dignity by pointing out flaws in your looks.
- Last but not the least, if you don't feel like answering back, you don't have to. Instead, divert the conversation to the safe place where your peace finds a home.

Body positivity

Body positivity is not only respecting other's body image and body type but also accepting your



own body. Embracing your original self without getting haunted by the notion of a perfect body type propagated by media and giving a room for your body type to breathe by not being harsh are also what body positivity is all about.

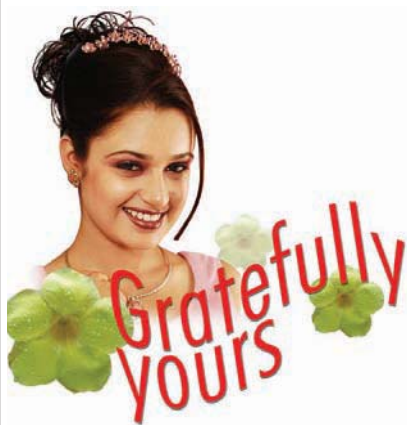
Stop looking at your body from others' eyes. Instead, be comfortable in your skin. How and how not to dress up should be your choice and should not be advocated

by others and even if they do, you don't have to necessarily subscribe to that theory. That said, being healthy matters than what being in a size that is universally accepted or worshipped. Your eating choices should be targeted towards your health goals (physical and mental included), not the goals of the society you live in.

My teen student is so young to be worried over these issues. Her life has just started and is going to be replete with accomplishments. But these unworthy body image issues and designs of some narrow minds have crushed her confidence.

She couldn't see beyond her body and before it goes out of hand, I have to pick her scattered pieces and talk to her, rebuild her confidence and give her a safe place where her ideas and thoughts, not her body, will be seen/heard and becomes the focal point of the discussion.

We



Humanity is on the move!

It all happened in April 2021. I was travelling by the Howrah-bound Coromandal Express with my husband and my one-year-old daughter. At about 6 in the evening, she fell asleep. So, I put her on the upper berth allotted to us and placed a couple of pillows by her side to prevent her from rolling down. The train

was moving towards Waltaire, the next halting station. Though we were engaged in some interesting conversation with the fellow passengers, we were keeping a watch over our daughter every two minutes.

But as fate would have it, our attention got diverted for a moment and we heard a thud sound in the compartment. Our daughter had fallen from the berth! She started bleeding profusely and she went on crying. We were so shocked that our minds just didn't work.

Fortunately, before we could gain control over ourselves, the co-passengers acted immediately and took charge of the situation. We had a chemist in our compartment who administered first-aid to our daughter. The ladies in the compartment readily extended all the assistance I needed and kept me company to give me assurance and courage. The others consoled my husband.

Even the train superintendent assured us of help at Waltaire station. He went a step further to locate a doctor in the passengers' lists.

At Waltaire the train superintendent took us to him and explained the situation. It was only after the doctor pronounced her out of danger that we could heave a sigh of relief.

Normally, milk is not supplied in the dining car. But the staff were so considerate that they made it an exception in my daughter's case.

Thanks to the fellow-passengers, the train superintendent and the dining car staff that we really felt we belonged somewhere. And, above all, it was deep humanity that came to our aid. "Nation is on the move." goes the Railway slogan. Well, I would say, "Humanity is on the move!"

– Sarswathy Ananth

CAMPUS RUMPUS

A SMALL MISTAKE

In our college, the felicitation function for the 12th Standard rank holders took place on the 5th July last year. The hall and the stage were beautifully decorated.

Exactly at 4:30 pm, the chief guest arrived and the audience comprising the parents of the rank holders and a few students welcomed him with loud applause.

The rankers were then given their prizes and the chief guest stood up to give a small speech about our college which held the maximum number of rank holders in Goa. My friends and I made ourselves comfortable in the last row of chairs.

It so happened that the chief guest in his speech started praising the Principal, who, of course, looked very proud and pleased. He then also started praising our college saying, "I just adore this clean and beautiful college."

Suddenly, I looked up and saw millions of cobwebs hanging on the ceiling. As I put my hand up and pointed to the ceiling to show my friends what a "clean" college we had, the Principal noticed my gesture and he too looked up at the ceiling.

When he noticed the cobwebs, he immediately signaled to me to shut my mouth and sit quietly. I did so. But to his surprise a large cobweb which must have been formed for years together, suddenly started descending right in front of the chief guest's nose!

Immediately, the chief guest spoke out saying, "Friends, I think I've made a small mistake in my statement."

He then looked up at the ceiling where the cobwebs were hanging so beautifully and pointed upwards.

The audience too took its attention upwards and burst out into a hearty laughter. The Principal couldn't help

laughing.

After this embarrassing episode I promised myself never again to bring discredit to my college with my indiscreet behaviour.

—Sarita D'Souza

P...OOF!

This happened when I was doing my first year in college. We had our Maths lecture going on in the class. We were about 15 students attending the lecture.

It was a dull, boring day and no one of us was interested in what our Maths professor was teaching, especially those proofs and theorems. We were on the lookout for something exciting to happen.

At this juncture, our professor, in his enthusiastic mood, prancing all over the board, didn't notice that he was at the extreme end of the platform on which he was standing. He would have fallen on his back, had he not supported himself.

My friend, one of his favourite students, was carefully jotting down the explanations. Busy in writing, she just looked up from the book, about say "proof".

Seeing the professor, in the act of supporting himself, she couldn't control herself and burst out laughing. But the funniest part was, instead of saying "proof", she burst out saying "p...oof".

The manner in which she laughed though unintentionally, made everyone in the class, including the professor, laugh.

—Shalini V. Aitha

THE FIRST DAY OF COLLEGE

I reached my college in time on the first day. I had dressed myself in a very simple manner. As soon as I entered the college premises, the seniors who were sitting near the gate saw me, called me and asked me my name.

I answered them very obediently. I was afraid that they would rag me and only wanted to escape as soon as possible. But I could not do so.

The seniors turned me into a joke by

applying red colour on my nose and cheeks. After this, they took me round the college. The other students saw me, laughed and commented. Some even said they had seen me in the Apollo Circus.

"She must have escaped from there," said one student. "Go and put her back there as the authorities might be searching her." I felt very bad when I heard this but I could do nothing.

This was a bitter experience on the first day of college. Though now the seniors are very helpful to me, I cannot forget this uncomfortable episode even now.

BHATT AND BHATTANI

It was a bright summer afternoon. After sitting comfortably in our seats, we eagerly awaited the arrival of our Sanskrit master, Mr Bhatt.

He was a 6-footer but so thin that he was called "lamp post" by many mischievous students. Mr Bhatt was a very jovial person. We enjoyed his classes as he, most of the time, cracked jokes in between the lesson.

That particular day, he began to tell us that Shiva's wife was called "Shivani", Indra's wife was called "Indrani" and so on.

Even before he could continue further, a voice from the back piped in "And Bhatt's wife is Bhattani".

(Bhattani in Kannada means pea.) This sent the whole class into peals of laughter. Even our master, projecting his usual good humour, joined us in our laughter.

—Asha. J. Aiyar

Do you remember any amusing, interesting, exciting incident in your college recently? Why not tell WE readers about it? Send it typed or neatly written, certifying that the incident happened in your presence, to:

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ALOO CHOLE

INGREDIENTS

100g Gravy for Korma Masala
75 g Chole/Chickpeas
50 g Potato, diced
70 g Tomatoes, chopped
Pinch of turmeric powder
Pinch of red chilli powder
1 tbsp Coriander powder
½ tsp Cumin seeds
Salt to taste
200 ml Water

METHOD

Soak chole for 5 hours in water and then pressure cook them for 10-15 minutes till they are soft. Saute chopped tomatoes, cumin seeds, turmeric, red chill and coriander powder. Add the Gravy for Korma Masala and water. Mix well. Then add the chole and potatoes. Cook for 10-15 minutes. Add salt to taste.



Aloo Chole

PANEER TIKKA MASALA

Paneer Tikka Masala

INGREDIENTS

100g Gravy for Tomato Makhani
Paneer Marinade
150 g Paneer cubes
½ Onion, diced
½ Capsicum, sliced
2 tbsp Curd
1 tsp Red chilli powder
½ tsp Turmeric powder
1.5 tsp Ginger garlic paste
Salt to taste
100 ml Milk
20 g Butter
2 tbsp Oil



METHOD

Mix all ingredients for marination and marinate the paneer cubes.

Refrigerate for 30 minutes and then grill the marinated paneer.

Mix gravy for Tomato Makhani

with milk and simmer for 2 mins on low flame.

Add grilled paneer to the prepared gravy and add salt to taste.

MIX VEG KADAI

INGREDIENTS

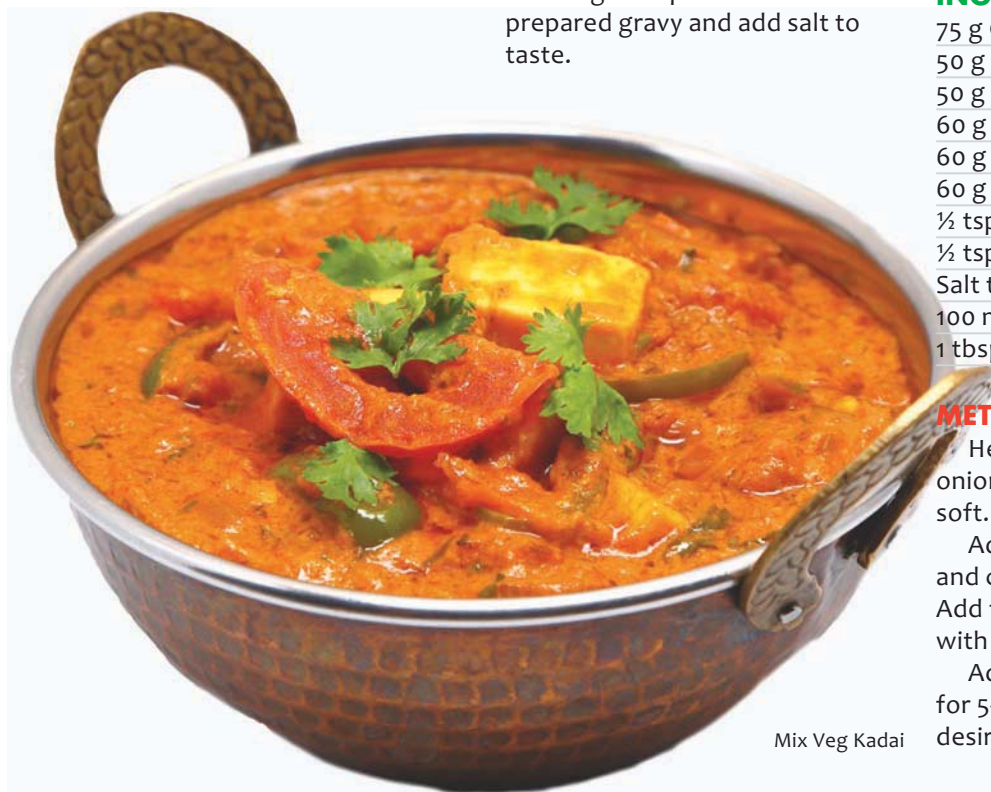
75 g Gravy for Tomato Makhani
50 g Green peas
50 g Carrot, sliced
60 g Capsicum, sliced
60 g Onion, sliced
60 g Potato, diced
½ tsp Coriander powder
½ tsp Cumin powder
Salt to taste
100 ml Water
1 tbsp Oil

METHOD

Heat oil in a pan, add sliced onion and capsicum and saute till soft.

Add the pre-cooked vegetables and coriander and cumin powder. Add the Tomato Makhani Gravy with water and mix well.

Add salt to taste and simmer for 5-10 minutes until gravy is of desired consistency.



Mix Veg Kadai

CHICKEN KORMA

INGREDIENTS

100 g ITC Master Chef Gravy for Korma Masala

250 g Fresh cut chicken

2 tbsp Fresh curd

1 ½ tbsp Ginger garlic paste

¼ tsp Turmeric powder

¼ tsp Red chilli powder

1 tbsp Coriander powder

Salt to taste

100 ml Water

2 tbsp Oil

METHOD

Mix all ingredients, marinate the chicken and refrigerate for 30 minutes. Sauté the chicken in hot oil for 10 minutes. Add Korma Masala Gravy and water. Mix well. Simmer for 20-25 minutes until the chicken is cooked.

Chef Style Chicken Korma is ready.

Chicken Korma



Malai Methi Murg



Malai Kofta

MALAI METHI MURG

INGREDIENTS

200 g Gravy for Cashew Onion
 80 g Methi leaves, fresh
 300 g Chicken, boneless
 ¾ Onion, chopped
 1 tbsp Ginger garlic paste
 ¾ tsp Coriander powder
 ½ tsp Cumin powder
 1 tbsp Oil
 1/2 cup Milk
 Salt to taste

METHOD

Heat oil in a pan, add onion and saute till translucent. Add ginger garlic paste, chicken and saute for

5 minutes. Add cumin and coriander powder. Add chopped Methi leaves and saute for a minute.

Add gravy for Cashew Onion and milk, mix and cook for another 20-25 minutes under closed lid. Add salt to taste

MALAI KOFTA

INGREDIENTS

For Malai Kofta Gravy:

200 g Gravy
 160 g Potato, boiled and mashed
 15 g Carrot, peeled and diced
 15 g Beans, chopped
 45 g Paneer, grated
 15 g Green peas

2 tbsp Corn flour
 Pinch of black pepper powder
 ½ tsp Cumin powder
 100 ml Water
 100 ml Milk
 Oil for frying
 2 tsp Cream
 1 tsp Butter
 Salt to taste

METHOD

Mix all ingredients of kofta and make balls. Fry them and keep aside.

Mix Cashew Onion Gravy with milk and water and simmer for 5 minutes Add the fried kofta, butter, cream and salt and simmer for 5 minutes.

We



FASHION IS A MODE OF *Expression*

Making a statement with
right kind of outfit.

By Seema Dev

Life and technology are in a state of constant influx. Fashion and trends are a reflection of social moods and ideas. The stretched-out horizon in the arena of fashion is an expression of a state of constant change. It is this changing mood in the world of fashion that adds lustre and colour to our daily monotonous life.

The clothes we wear have a practical purpose. They keep us warm and comfortable at the very least. Our clothes also become a part of our identity. Whether we like it or not, what we wear gives an indication that helps people make an impression of us.

Fashion is a term that usually refers to a dominant mode of expression, yet often refers to an individual mode of expression that may or may not belong to all. As a form of self-expression, fashion can make us feel empowered and more in touch with our inner self.

We can feel more confident if the clothes we are wearing and the way we present ourselves match our personality, identity, and mood.

Different communities, tribes, and regions have fashion statements that define their style.

International designers adapt and adopt such a wide variety of styles. With the communities of the world coming closer, the influence of Indian fashion on global platforms is immense.

Fusion is the term that refers to different countries and cultures sharing and engaging in their activities and preferences with each other, thus bringing about a change in their traditional tendencies and culture.

Indians are showing a wide variety in terms of their style statements, which are not only inspired by the West but can also be seen differently between different cities of the country.

One of the latest trends in fusion fashion is the K-pop industry is thriving and flourishing in a big way. Thanks to your high fashion and talented idols who keep their fans hooked to their looks.

Apart from their delightful music and exceptional dance performances, the group has much more to offer. Two of which are his visuals and his fashion.

All thirteen members of Seventeen are extremely good looking. He has excellent fashion sense along with excellent visuals. When he steps out to perform on stage, the fans are mesmerised by his breathtaking looks. The members of the group have worn many different looks which have made headlines. Their look in a fusion outfit is totally captivating.

Almost all K-pop stars love big brands and runway styles, but they can easily adapt them to outfits that suit the streets as well. This is why Millennials and many adults also look to these fashion icons for their style inspo, be it for a party, a concert, a cafe meet, an airport look, a casual stroll through the streets.

The K-pop icon continues to rule Instagram, Pinterest and many more platforms for fashion enthusiasts.

While not so long ago, ethnic and Western fashion enjoyed separate entities, today, however, a stage

has been reached where a new unconventional trend has emerged in the market, which is being termed by the designers as an Indo-Western blend.

Saree is one of the most iconic Indian dresses worn by women in all parts of the country. Each region and community has its quintessential style; however, it remains the dress representing Indian fashion.



FASHION IS A TERM THAT USUALLY REFERS TO A DOMINANT MODE OF EXPRESSION, YET OFTEN REFERS TO AN INDIVIDUAL MODE OF EXPRESSION THAT MAY OR MAY NOT BELONG TO ALL.



Most of the credit for the popularity of sarees abroad goes to Bollywood. Whenever a foreigner travels to India in search of different cultures, a saree is a must-try.

During the New York Fashion Week, a renowned international model Gigi Hadid showcased the concept of the saree draped around her waist in a modern way.

The traditional flared dupattas are on their way out and have now shrunk to the length of a scarf or a stole to suit the requirement of the modern-day woman.

Today's era symbolises the evolution of a new movement in the trend. Inspired by Western outfits, the latest trend revolves around a basic principle to fulfill the appearance needs of the Indian woman, satisfying her desire to look

THE IDEA BEHIND INDO-WESTERN WEAR IS THAT IT CAN BE MIXED AND MATCHED WITH DIFFERENT OUTFITS AND IS PERFECT FOR DIFFERENT OCCASIONS. INDO-WESTERN WEAR HAVE GAINED A LOT OF MOMENTUM IN THE LAST FEW YEARS.

great and feel good and comfortable at the same time.

Some things never get outdated. They are evergreen, one of them being the 9-yard sari. Experimentation with the blouses is one forte that the designers enjoy.

Innovative designs are a designer's delight.

The flow traditional length of the lehengas has shrunk down to the flared length of long skirts. The heavy gaudy work has been replaced by beautiful, subtle artwork, further complemented with gorgeous, elegant, alluring crystal work at affordable prices which is certainly the "in-thing" these days.

The idea behind Indo-Western wear is that it can be mixed and matched with different outfits and is perfect for different occasions. A single statement piece is not just an investment for your wardrobe, but it can be used and sported in many styles. Indo-Western wear have gained a lot of momentum in the last few years.

As more and more women are

Curated Art for your Spaces



Jogen Chowdhury
Untitled, 5x7 inch
Ink & Pastel on Paper



Sunil Das
Untitled, 30x30 inch
Charcoal on Paper

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going corporate and adopting other fast-paced professional fields, business suits are gaining more and more popular among them. Scarves go effectively with this elegant outfit. The vibrant colours of the floral print on the timeless silk are a great favourite.

Fashion Tips

Tips to Make Sure You Always Look Stylish.

- Make sure you have reliable wardrobe staples: an iconic little black dress, a pair of jeans that fit perfectly, a classic blazer, simple T-shirts and button-downs in neutral colours, and a seamless leather jacket.
- Balancing proportions is all about styling your outfits to create an overall aesthetic harmony. The way you achieve this is by wearing clothes that suit your body type. Make it a fashion moment when you want to play with oversized clothing or unusual shapes while keeping the rest of the look fit.
- If you're nervous about adding colour to your look, start with just one colourful piece and keep the rest of your look neutral. As you become more comfortable with colours, you will learn what colour combinations work best for your style.

Accessorising

Accessorise your look by including small pieces like jewelry and shoes. If you feel overwhelmed by the accessory choices, choose just one statement piece that looks great and that you can wear with multiple outfits.

Accessories are a great way to add a pop of colour to a simple outfit. Fun accessories like shoes, belts, or scarves can make your look even better.

- Jewelry, which is an integral part of a woman's apparel, has played a paramount role in her attire since time immemorial. No dress

is considered complete unless it is complemented with ravishing jewelry. A nice watch or several bangles, statement necklaces, chandelier earrings, and chokers, you probably turn to jewelry when you want to add a little sparkle to your look.

- Hair accessories provide an easy way to show off your style. Take a look at your existing hair accessories like you can swap a plain hair tie for a silk scrunchy.
- From totes to clutches, different bags are suitable for different occasions. If you have handbags in different styles and colours, you

will always have a unique accessory.

- Unlike other accessories, you'll most likely need to wear shoes every day. While it is important to have a few neutral footwear options in your capsule collection, statement footwear such as white sneakers, nude heels, black flats, and black or brown boots can elevate your look.

Current fashion trends

- Crochet sets are, arguably, a blowing fashion trend pumped up by Harry Styles and his pop-culture phenomenon "Watermelon Sugar" video.
- One of the most popular styles rocking the current fashion trends is the ever-so cozy hoodie. Wearing a blazer with a hoodie is no longer just another street style but a mainstream look that transcends generations.
- For an extra cute look, mix your cropped cardigans with sweatpants or a midi skirt.
- Browse women's street style looks on social media, and you will frequently spot outfits featuring stylish tennis skirts.
- Pastel-coloured outfits are trending all over the world in the form of shirts, tops, dresses, and skirts. The most common way to wear pastels is to pair them with neutrals or dark colours.

We



Beauty Queries



Q & A

MY HEIGHT IS 4' 11", SHORT HEIGHT IS A HEREDITARY characteristic of our family, I feel embarrassed when people pass snide remarks about my height. I am also bulky at waist and abdomen. I want to look tall and slim.

There are scores of people who are even shorter than you. You can look taller if you wear clothes in pastel shades or with vertical designs. A hair style can also add inches. A haircut, if you have short hair or a style up to jaw level, would suit you best. Avoid curls and waves keep it plain and smooth. If you are comfortable with heels, you can go for it.

You should feel comfortable with your body, there is nothing to feel embarrassed about, always feel beautiful from inside. Yes, health is something that everyone should look onto, for reducing the fat, there is no other way except regular exercise and low-calorie diet. Maybe, the extra weight is the reason which makes you look shorter.

WHAT IS A FACE PACK? IS IT AVAILABLE IN CREAM FORM OR AS a lotion? I have a scratch mark on my forehead. Can I use a face pack? My nose has some black spots which make it look darker than the rest of my face.

A face pack is available in cream, gel or powder form. The pack is especially formulated to suit different types of skins such as dry, oily and normal. The scratch mark can be treated with creams of a good brand available in the market. Another home remedies can be used like- Mix distilled water a little at time into two tablespoons of baking soda until it forms a paste. Wet your scar with distilled water and then apply the paste to the wet scar. Hold the paste in place with a warm compress for 15 minutes. Rinse the area and repeat daily.

The black spots you have mentioned seem to be blackheads on your nose. To remove them give steam for 5 minutes to your face. Wash with facewash and water and try to clean the dots with a piece of cotton wool dipped in skin tonic. Use cleansing grains, a face pack or use charcoal or clay masks meant for your skin type once a week. Do not rub or pinch the skin. This will inflame the delicate skin over your nose.

IHAVE VERY LIGHT EYEBROWS. I WOULD LIKE TO HAVE THEM VERY thick. I would also like to have long and lustrous eyelashes. Presently I am applying castor oil daily to my brows, but there is no improvement.

Natural look is the best look. So try to keep as close to your natural look as possible. Make the best out of what nature has provided you. An artificial thick brow line may not look as attractive as you may be thinking. The

thickness of brows depends on hereditary factors. It is impossible to grow extra hair around your existing brow-line. You can, however, improve them by other means. If you have the money to spare, get them shaped professionally by cosmetic tattooing. The best and the easiest way out is the eyebrow pencil. To make your lashes thick and long, use a water-proof mascara of a good brand.

FOR THE LAST 2 MONTHS I AM USING A MIXTURE OF HENNA, TEA and lemon juice as a natural conditioner for my hair. I leave it for half an hour on my hair. Then I rinse it with plain water without using any shampoo, shikakai, reetha. I do not know if I am doing the correct thing or using the right ingredients. What exactly should be added to henna to make it an effective conditioner?

Different combinations of ingredients are added to henna for different types of hair. Since you have not mentioned anything about the type of hair you have, it is difficult to give you the correct combination for your hair. However, you may try adding amla, shikakai and reetha.

IAM A WORKING WOMAN. EVERY MORNING I APPLY SUNSCREEN cream a face powder and kajal. This constitutes my daily make-up. It immediately imparts lustre to my face but within a few hours it becomes dark, dull and greasy. I therefore don't use any foundation cream, as it makes my face oily.

However, the area around my mouth remains dry even with the use of the above creams. I have got sunburns on my nose and forehead area. Please recommend a good brand of sunscreen lotion which will provide adequate protection to my face when I am out at the beach. What type of make-up should apply so that my face looks free throughout my working day?

It is quite obvious that you are using all the wrong things which do not suit your skin. You have a combination skin. For this, treat each area differently. Wash your face with sandalwood or turmeric or neem or any kind of herbal facewash. Apply skin toner all over the face and neck, followed by moisturiser only on dry area around your mouth. Dust with face powder. You can use any well-known brand calamine face cream on special occasion as a substitute for foundation cream, Kajal can also get streaky, so use water-proof mascara and eyeliner.

For protection against sunburn at a beach, use a sunscreen cream of any known brand. Make-up should not be left on the face for more than 4-6 hour maximum in a warm and humid climate. If possible, it should be cleaned and a fresh one applied again. You may use cologne-soaked tissue papers refresh yourself in office.

Readers are invited to send their beauty problems and questions regarding face, complexion, hair, skin, eyes, etc to this column.
Address your letters, written legibly or typed on white paper, to:
WOMAN'S ERA E-3, Jhandewala Estate, New Delhi-110 055.



The Unwarranted Craze To Induct Women In Armed Forces

Drastic changes need to be done before opening the gates of the coupe.

By Col Y Udaya Chandar



We have had women officers right from the beginning in AMC (Army Medical Corps) and MNS (Military Nursing Service), based on the necessity to handle mainly the women patients. They were posted in the forward areas in wartime, including World War II, to make up the shortfall in physicians. They had served commendably and earned great laurels.

Our politicians and commanders have expressed a lot for enlisting women officers in our armed forces without conviction. So women entered Indian Air Force (IAF) as officers in good numbers; they are serving mainly as pilots, including in fighter squadrons.

In the last two decades, women have been enrolled as officers in the Services of Army Service Corps (ASC), Electronics and Mechanical Engineers (EME), and Ordnance Corps (AOC) in small numbers. They have been functioning satisfactorily.

The armed forces commanders, who know fully well the service conditions of combat arms like Infantry, Armoured Corps, and Artillery, have been articulating to enlist lady officers in these combat arms. Some commanders and many politicians have gone further ahead, demanding that women be employed in ranks as soldiers.

But can they be as good soldiers as the men? Even the late CDS General Bipin Rawat was in a hurry for inducting women in ranks in combat arms.

We hear every day a lot about the unemployment rate in the country. There are no correct data on men's unemployment rate and that of women for many genuine reasons. Even if someone has published it, that would be far off the mark.

For the time being, we can take the unemployment rate published mainly by the government as that it would be primarily of men, which is phenomenal. The men also want to join the armed forces in ranks readily in very substantial numbers, then why take women in the armed forces?

We hear many times that so many people died in stampedes in the recruitment rallies. Thus, there is no shortage of men wanting to join the armed forces.

A considerable number of people work in Defence departments as civilians. They are in thousands if not in lakhs. Let women fill up all these positions. This will lessen the number of unemployed women and solve many problems.

Let us now see some of the working conditions in combat arms.

In the Infantry units, officers and men go for 'route-march' of about 70 kilometers in one night carrying about 20 kg of load. Can the women do it?

In strength, endurance, and stamina, men are better than women. The women can never show off their muscles like men, how well they may try.

This is a physiological issue. That is why the competitions are separate in athletics and many games for men and women.

The best games in the UK are football and cricket. In these games, men and women make different teams and compete within themselves.

The same is with basketball in the US. A very few games like table tennis, lawn tennis, and badminton have "mixed-doubles." There are no mixed teams in athletics, not even in the 'relay' race.

A very essential part of the soldiers' duty is patrolling. This is done regularly by the troops deployed in forward areas during peacetime and the war.

Usually, four to five men go under a young officer. Their task will be to find the enemy location and its extent. This is carried out during the night, close to the enemy location.

Can the women lead the patrols with four to five men under them? Sometimes, the patrols go out for a few days. Another live problem with the women working with men is sexual abuse by officers and men. Last year, one parliamentarian in the UK made a statement that 11 per



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cent of women troops had been sexually abused by men and officers in one year. In the US also, this offence is no less.

Indians view rape differently when compared with western people. In our case, it is an unforgettable stigma. It is not so in western countries. This menace is prevalent in almost all countries where men and women work together in the armed forces. When patrols go under a young lady officer, the men have enough temptation to molest the officer. Sometimes, the patrol is captured by the enemy.

We hear exceptionally sorrowful

stories of how our troops are treated by the enemy, especially the Pakistani armed forces. Beheading the captured soldier, gouging the eyes, and torturing them are common.

SUBSTANTIAL PROBLEM

So, if a lady officer or a woman member of the patrol is apprehended, what the enemy will do to her is much beyond one's comprehension. The minimum they will indulge in is gang-raping the person then and there itself and shooting her dead.

We cannot make any estimate about the enormity of this problem when women are employed regularly in our armies. But looking at our civil society, we can expect that this problem could be substantial.

Then a good portion of a unit's effort would go towards the investigation of the matter, holding the court-martial and punishing the offenders.

It will be very nice for a lady officer in the combat arm to boast that she is in so and so regiment. It would satisfy her ego and sense of patriotism.

However, when women join the armed forces, several separate facilities would have to be created. This would be an additional burden on units that survive on a shoe-string budget.

Then the married women's problems in our case are slightly different. We grant a long period of maternity leave to the new mothers. This leave cannot be denied even during the wartime. In India it is eight months paid leave, and in the UK it is 12 weeks unpaid leave.

In our case, the attachment of the mother with the newborn is very great. Immediately after the maternity leave, it is to be seen how well the new mother works in the unit. It is also to be thought how well a would-be mother is able to discharge her duties before the delivery.

DUTIES OF WOMEN

So, we have to think very carefully the good and bad before we induct a large number of women into the armed forces.

Yes, almost all the armed forces across the world employ women in their forces. The percentage of women in the armies differs, and many service conditions too vary. In some forces they are employed for clerical duties only and in some they work as storekeepers.

The duties are dissimilar, based on the policy of the government. In the USA and the UK, they work in combat units in rank and file without any reservation. Sometimes, they clear minefields in front of the enemy before launching an attack.

As said above, not only in the western countries, even in the African nations women work shoulder-to-shoulder in the fighting arms. They get used to the tribulations of both peacetime and battlefield conditions.

Why Africans, even in the very conservative Pakistan women join the forces, but they perform soft jobs; this has been since 1947!



However, the Indian women are slightly different. They are not only shy, but their ethos, value systems, and social fabrics are still different from the women of all other countries.

We are yet to find women cab drivers in the country. Although they are not as strong as men, they can perform many duties that are done by men.

About 50 years ago, you could find them in teaching and medical professions only. Now, you can find them in all the services. The times are changing, and they too are adapting to the changed situations.

If today we open the recruitment to women in combat corps in ranks we can be sure that there will be a sizable number of women volunteers. No such survey has been conducted, but we can guess that our present day women will not let us down.



With the vastly increased remuneration for the forces in the country, many will consider from that angle also.

The data from NATO show the share of female active duty personnel in member states' militaries ranges from 20 percent to 0.3 percent in the 27 countries reporting the figure, the latter in the case of Turkey.

Another country whose enlisting of female recruits is still minuscule is India, as data from the Indian Department of Defence show. The overall enlistment of women stands at 0.7 per cent.

The country could see a boost to female enlistment soon as the Supreme Court recently cleared the way for women to pursue all military leadership positions. The entrance to these high-level career paths is mainly governed through the country's National Defence Academy, for which women will now be allowed to apply.

The Supreme Court, meanwhile, left in place the exclusion from combat roles for women in India. Many countries with high shares of female enlistment actually offer combat roles to women, for example the US, Germany, France and the UK as well as Scandinavian countries. Others suffer from low female enrollment despite allowing combat roles for women, for example Poland or Turkey, showing how a multitude of cultural and organisational factors influence women's enrollment in the armed forces.

While comparable data were not available, countries practising female conscription like Israel, Morocco and North Korea naturally have high female participation in the armed forces. The same is true for some selective services systems – where young people are required to dedicate time to the military or a social cause – for example in Sweden or Norway.

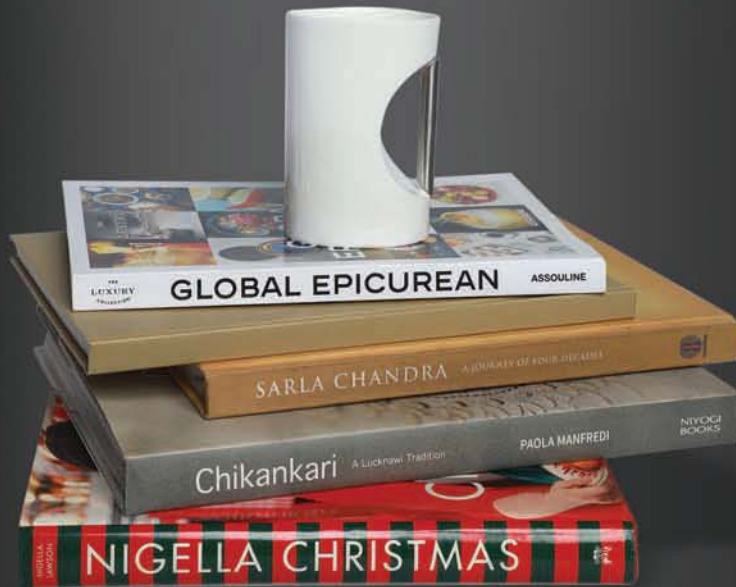
With the changes taking place in a quick pace we can see more and more Indian women in the armed forces.

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Video Games And Kids

Choose ones that help them grow and develop properly. By Anshika Sharma

A generation ago in India, middle-class parents who routinely bought their children video games and PlayStation were considered freaks with more money than they knew what to do with. Today, parents who don't buy their children PlayStation and the latest video games are considered freaks!

Many parents, especially educated, upper middle-class urban parents seem to think that they have to buy their children as many video games as they can – the more expensive the games, the better.

But, in the matter of video game buying, as in so many things, great variations are to be seen in our country.

For the majority of our children, video games and PlayStation are an undreamt-of luxury. At the other end of the spectrum are the affluent and, in the case of their children, it is usually a case of you-name-it they've-got-it. And middle-class children are usually somewhere in between.

The Right Toy

But are these latest technology video games and PlayStation important for a child? Or are they a mere luxury that parents give their children just to keep them occupied and out of their hair?

To answer this question, we must study the way children develop. When babies come into this world, they know nothing about either it or themselves. They have then to learn all about their surroundings and themselves and develop skills to help them deal with life. So, they benefit from anything that stimulates their curiosity and helps them to develop physically, mentally, or emotionally.

The right toy at the right time can do this. A toy can help a child learn about, manipulate and control his surroundings. Toys also socialise children as, when they play with others, they learn to behave well, to share, to win and lose gracefully, and to get along to make and keep friends.

Physical activity is essential for the development of children. But kids are getting very aggressive with these technical video games and it affects not only mental health but physical as well. They are getting lazy and this is affecting their eyesight too.

So, toys are important, but they have to be the right ones. They have to be suitable for the child's stage of development and they have to be "good" toys. Good toys are those which help a child learn skills and to grow. Such toys can be used in a variety of ways and the child can be innovative and creative with them.

This, however, does not mean that these toys have to be either complicated or expensive. Most good toys are simple and cheap.

Developmental Play

Many of the things small children enjoy playing with are not mobile phones and video games at all!

Haven't we all seen toddlers play with a plastic cup and spoon? They ever so carefully pretend to spoon things into and out of the cup, try to spoon things into their mouths, overturn the cup, place the spoon in the cup, etc.

They are very obviously trying to learn the skills of manipulating spoons and cups that they see older children and adults perform.

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Or take cardboard cartons or empty cardboard boxes. Toddlers and slightly older children can keep themselves occupied for hours with these. They push them, pull them, put things into themselves, get into them wet them, stamp on them, throw them and do a dozen other things with them, that you and I could never think up. So these are toys too, and good ones at that.

When children play with whatever they have, they become dexterous and creative. So these are good play with the faculty development also.

When parents buy toys for their children; they should buy those that help them learn and grow. They should first make sure that there is no violence in the video games because if your child spends a lot of time playing video games, it can affect their health in many negative ways.

If children sit in one place for hours and play video games, they may have to face many dangerous health problems. It can increase the chances of obesity, weaken the joints and muscles and cause numbness in hands and fingers due to over exertion.

Paint boxes, board games, and balls are popular with older children. These too are developmental toys that teach skills. Again, since games and balls are more fun when one has friends to play with, they teach a child to get on with other children as well.





There are different types of video games that are created for different purposes – some are for entertainment purposes, some are for relaxation while others can be a bit challenging and good for learning and brain development.

Many video games on the market involve extreme violence, extreme sexuality, racism, profanity, and many more. Children do not understand such things properly. They can get inspired by these games and try to do such things in real life.

Multiplayer video games do exist, with most kids playing them inside their rooms. This can limit their interpersonal skills in real life. Such children may prefer to be alone and interact digitally. They also fail to initiate conversations and feel bored at social gatherings.

Parents should buy him enough to ensure that he is stimulated and that he grows and develops with the games, but not so many that he feels either overwhelmed or loses interest in them. On the whole, it is better to buy him very few rather than too many. But today, too many children are ending up with too many games. Their parents buy them more games than they really should, for a variety of reasons.

The first reason is that most children are demanding. They get taken in by ads and want whatever their friends have. As a result, they keep pestering their parents and demand things.

And when we have the money and want to avoid the drama, it is easiest to say "yes" to that video game that your child pretends as if he cannot live without. Your kid will promise you the stars and the moon when he asks you for his desire of the moment.

"Get me that and I'll do an hour



How can parents help children enjoy video games properly and avoid problems? Here is a check-list:

- Before purchasing a game or letting your child play it, check the rating and age limit.
- Don't allow your kids to play video games in preschool.
- Try playing the game yourself and make yourself a part of their world.
- Make other physical activities or outdoor sports a part of the child's life as well.
- Have a fixed and restricted time to play the game.

of Maths every day or clean up my room by myself never ask for anything else again or do my homework without being told!" they will beg.

And all too often, parents are such suckers that they will believe them.

The toy, game, or PlayStation homework and the promises are forgotten – and all too often, so is the purchase.

We also buy children video games as bribes.

Most parents are harried creatures these days and, perhaps, because we know that we are giving our children less time and attention than we should, we bribe them with gifts.

These gifts are really to make up for not telling them the story they want to hear from us at bedtime, for not having the time or energy to listen to things they want to tell us, and for not attending their school's Open House Day.

The video games then pile up and we say, "I bought you that game. Go and play with it!"

But we know full well that it isn't video games that our children want, it is our time, our attention, and our love. Then the cycle starts again and we buy them more video games out of guilt.

We also do many things to keep up with the Joneses or rather the Vermas and Sharmas, and we even use our kids as pawns in this game. We buy them clothes or just because friends and neighbours do, not because they need or want those things.

For example, many parents are buying their children mobile phones today not because their children are all that fascinated by phones or even because they plan to teach them about these modern marvels, but just because it is now the done thing to buy a kid a phone. And because parents do not make much of an effort after that, the phone is only used to play video games.

When children get more things than they know what to do with or even want, it leads to trouble. **We**

How I Saved My Marriage



It took a pandemic to save my marriage!

Everything was going well in our happy married life in 2019 and that's when we are blessed with a baby girl. The first few months of parenthood were exhausted. It was ridiculous of me to think of my wife's maternity break as her vacation. While I was busy succeeding as a project manager, Disha was fighting off postpartum depression all by herself. I chose to stay blind to all this. While she was still learning more about handling the baby, she was posed with the task of handling another baby, the attention-seeking baby that I had become. I had started complaining about everything, food, clothes, and the number of times she called me during the day.

Before the baby, she used to call me three to four times in the office. Post-baby, even one time seemed a surprise. Our love life too took a turn. Whenever I wanted to get intimate, most of the time she would make excuses of either she was tired or she had to pump for the baby. When she wanted it, I would shove her off in a rude manner. I stooped so low that I also feel that she is no longer interested in me and is thinking of separating. Somewhere, our relationship started bearing the brunt of all this.

But then pandemic started and we got orders to work from home. I thought that this was not something new for Disha. She had been working from home since long and she would already set with it. But what I didn't see coming was no housemaid, no help. It took me

around two days to set up my home office and Disha made sure I got my privacy and space. Having worked in the corporate world, she was well aware of the expectations and the pressure.

She never asked for any help with the kitchen, cleaning, laundry, or anything until I volunteered. Working from home gave me the opportunity to see the real face of her so-called luxurious work from home life. Working from home turned out to be a blessing in disguise for me.

She makes sure that we eat fresh, healthy food every day. While I attend my conferences, I peek through the glass window and I always find my daughter and Disha playing some kind of game throughout the day where my daughter loves to scatter all her toys while Disha gathers them up every now and then. Other times, I see her sweeping the living room to

make sure the little one doesn't take any dirt in her mouth. In spite of all the additional work, she never fails to call both the parents and ask them about their health. She performs her role as an educator with equal dedication as that of a mother, and wife. While she never failed as a wife, a mother, I failed her a million times as a husband, a father.

One day in the evening, we got a call from our common friend, her name is Riya and she told us that nothing is stable in her marriage. Her husband is leaving her and their child. Because he feels that after their child, she is always so busy with her work and child that there is no love left in their relationship. So what is the point of being in such a marriage and it is better to end this unhappy relationship.

Listening to her made me realise how I can be so selfish. After that guilt trip, I confessed everything to my wife about how I felt in the last few months and apologised for not understanding her. She lent me the same patient ear just as a mother would do for her son. That day, I fell more in love with her. In times of a pandemic, I found my lost love story again.

—By Rishi

Yes, how did you?

We see many marriages floundering but we also see marriages between the unlikeliest of spouses, not only surviving but growing stronger with the years. Thanks to the tactics of one wise partner! Truly, a person's successful marriage just does not happen, it has to be worked at.

We would like to know as to how you overcame the crisis of a break-up or discord in your married life.

Did your husband (or wife) have an infuriating habit, a hot temper, miserly ways, a roving eye or a lazy disposition? Since he is your husband, how did you cope with the situation and keep your marriage happy and home safe?

Share your secret with us and millions of our readers all across the world.

Contributions should be neatly written on one side of the paper. A declaration that it is your own true personal story must accompany the contribution. If you so desire, your name will not be published and you can use any pen-name.

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The Urban Indian Marriage

Is the institution getting outdated? By Bushra Khan

Don't you wish to have a partner who can take care of you? Don't you want kids? What will happen when you grow old? Don't you need the support of a family then?

We get to hear these questions usually when we say “**NO**” to marriage. We all know traditionally marriage is the union between two

souls in both religious and legal sense.

Today, settling down after marriage is a rare occurrence. It's like you've said something unnatural. Today, people are economically stronger and financially more independent than they were earlier ever. This generation wants own private space and lives life in their own ways. Today, they choose career over marriage.

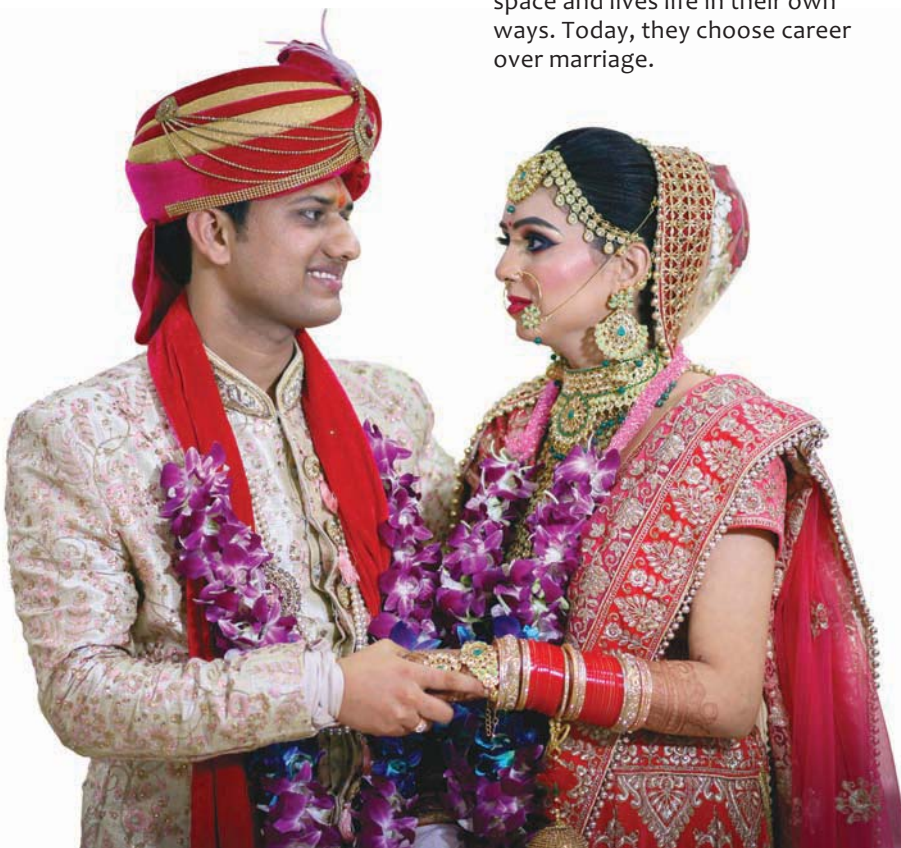
Choosing career over marriage can be a serious decision which could alter your life forever. Somewhere, what I believe is 96 per cent of people are today influenced by social media or Bollywood movies which inspired the viewers that choosing career is more important.

Some examples to be shared

Dangal: A biographical sports drama film, introduces the viewers to the hues of pursuing sports as a career. The funny thing is the woman wrestler whose life has been depicted in the movie has already gotten married.

Neerja: A biographical thriller based on the life of a brave air-hostess. The movie showcases that a woman should not be restricted to household chores alone. She should raise voice and aspire to pursue her dreams by choosing career of her choice.

Guru: Biographic movie based on the life of Dhirubhai Ambani. This movie chronicles the life of a successful business tycoon who made India proud on global front



Rocket Singh, Salesman of the Year: Comedy drama movie on the life of a salesman. A salesman who becomes a marketing manager in the business world. The current generation has learnt one thing today, **“I, ME, MYSELF”** it's good to keep yourself first, but to say getting married is waste of time or not needed for me is not correct. It is very important that you analyse the situation and then decide.

You might have your friends or colleagues debating about marriage or career.

What if you are asked to face such situation? I know happiness comes first for everyone, but what if it doesn't have to be **“either, or”** situation.

I think **“shaadi”** is one of the most rigorous training programmes for a man and woman. I don't know why people think this a culmination or climax of the story.

It can also be beginning of new life. Career and marriage can be handled together. We have seen actors who in real life are married and are still working in the industry like Ajay and Kajol, Riteish and Genelia, Kareena and Saif, Akshay and Twinkle... Don't they look mesmerising when we see them on screen? Not just film industry but also teachers, pilots, engineers and so many.

The word **“shaadi”** has always been shown as villain of life. There is this dialogue from *Yeh Jawani Hai Deewani* **‘shaadi is dal chawal for pachaas saal... aree life mai thoda bahut keema pav, tangdi kebab, Hakka noodle bhi hona chahiye na?**

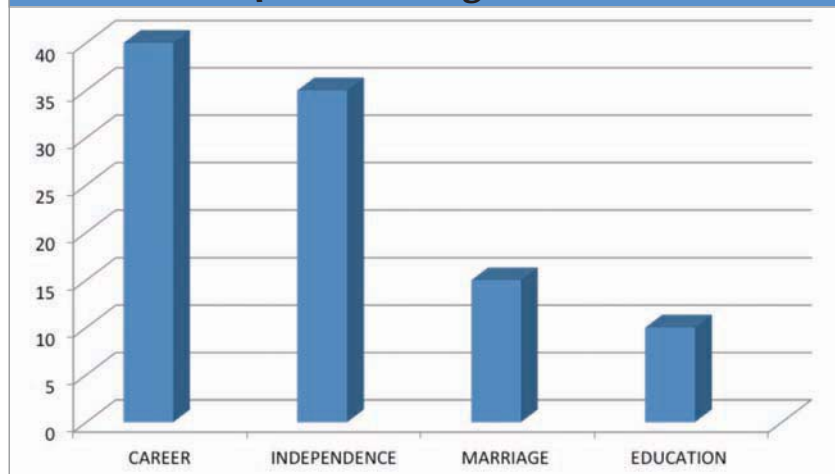
These dialogues clearly state that married life is distasteful. I am not blaming these dialogues... it's just these dialogues emphasise on not getting married.

How can we forget *Veere Di Wedding* and *Jab We Met*? I mean, just look at the difference in *Jab We Met* Kareena had dialogue **“By God, bachpan se mujhe shaadi karne ka bada shok hai”**. 11 years later, in *Veere Di Wedding* she said **“ shaadi apne liye karre hai ya inlogo ke liye... haldi, mehndi, chivda, dal.**

SOMEWHERE, WHAT I BELIEVE IS 96 PER CENT OF PEOPLE ARE TODAY INFLUENCED BY SOCIAL MEDIA OR BOLLYWOOD MOVIES WHICH INSPIRED THE VIEWERS THAT CHOOSING CAREER IS MORE IMPORTANT.



"Questions Singles Face"



What the fuck is happening yaar?
Matlab badlav dekhre ho... 11 saal mai
shaadi ka shok
khatam...hogy...Good-bye...Tata...

These new ideas of not getting
married or making "shaadi"
sound so irritating that they have
made many believe in this.

But yaar 'Zindagi mai aksar kuch
zyada paane ki chah mai ham vo kho
dete hai jo hamare pas hai.

A social media study titled
"Questions Singles Face"
conducted by a matrimonial site
(Bharat Matrimony) has found that
for young singles, especially

women, retaining independence
and pursuing a career are far more
important than getting married.

When asked what is more
important in life other than
marriage, 35 per cent said it was
"independence," 40 per cent
declared "career", 10 per cent said
"education" and 15 per cent said
"marriage"

It is great if you hold on to your
career, but whenever you are ready
to take the plunge, make sure you
have a conversation about your
professional dreams and aspirations
with your partner.

*Insaan ka motion uska emotion ke
saath juda hota hai...* by the way I
am not talking about that motion.
It's just that Indian marriage
institution has changed a lot. If this
continues there will be left nobody
to carry their legacy, tradition or
culture forward. There will be no
descendents for inheritance of
worldly possessions.

We



Madam, Enjoy Your Days

All your children are grown up now,
leave them alone and let them fly
It's your time, enjoy life,
fulfill your dreams and desires.
Look at the mirror, wink and smile,
see your reflection a hundred times
You are a Diva, a beauty queen.
Your eyes still radiate that youthful shine.

Twirl and swirl, whistle and holler,
forget your age, be once again a child.
Toss out all etiquettes and niceties to the wilds.
Let go off all your repressions and reservations
Release your fears and emotions.

Madam, your children are grown up now,
so enjoy and take your required rest.
Life is once, don't be stressed,
children will built their nest.
Pack your bags, go on a leisure trip,
bask at the beach
Spend each blessed day
cheerfully at ease.

By Vijaylaxmi Sarmah.



Q & A

MY BOYFRIEND AND I ARE DEEPLY IN love. He is 21 and I am 17 year old. As my family is moving to the USA where my father is going on a deputation assignment, I will now have to finish my studies abroad. My boyfriend is very depressed and feels that I will forget him but I have promised him that after 5 years I shall come back to marry him. How do I convince him that I am sincere?

If you are going abroad for 5 years, it is not fair on your part to keep him tied to you. It is very likely that your feelings for each other will change in this time. After all, both of you are very young and will make several friends when you are away from each other. And 5 years is quite a long time; the heart and the mind have their own idiosyncrasies. Keep an open-ended friendship without committing yourself irrevocably to each other. Keep in touch and meet whenever possible but do not make rash promises to each other. This way, you can pick up your friendship later on if you wish too.

MINE IS A VERY SIMPLE PROBLEM BUT yet difficult to deal with. I am a shy girl of 16 years. I envy the manner in which my classmates talk and joke around. I simply cannot get to be as free and jolly as they are, although I want to be like them. Can I change my nature and become more extrovert or will I remain shy all my life?

You will be surprised to know that most of the popular personalities of the world started life as shy, nervous individuals. In due course they learnt the wonderful art of making friends. If you read the all-time friendship Bible *Win Friends and Influence People* by Dale Carnegie, you will get some excellent advice on the subject.

The best way to make friends is to stop thinking about yourself and to

start thinking about others. Shy people are self-conscious people. If they stop caring about the impression they are making, they will lose their fear of mingling with other people, and will start getting interested in them. Greet them cheerfully, ask how are they, seek their advice in some small matter and they will admit you in their fraternity.

I AM A VERY INTELLIGENT 10TH STD student studying in a famous girls school. Last month, I got into the bad books of my Maths teacher because I was able to point out some mistakes she made while solving the problems. My brother is good at Maths and since he coaches me at home, I can



easily spot the mistakes my teacher makes. Now my Maths teacher cannot tolerate me. She makes jibes at me and constantly finds fault. Maths was my favourite subject but now I hate it. According to my friends, I insulted her by pointing out the mistakes. Does it mean that I should have kept quiet? Should I complain to the Principal?

Your teacher seems to have an inferiority complex. So, when you pointed out her mistakes, she took it as an insult and an aspersion on her teaching ability. Perhaps it would have been more tactful on your part to talk to her in private about the mistakes she was committing.

If you complain to the Principal, it will make a big issue of small matter. Simply ignore her jibes, and give her time to cool down. If you wish, you could bolster her self-respect showing her genuine appreciation and praising her wherever she deserves it or even sometimes when she does not deserve it. This can embalm her wounded feeling.

I AM AN 18-YEAR OLD GIRL WITH A peculiar problem. My elder brother, who is a doctor, is affectionate and protective towards me. I really idolise him. Recently, I was surprised to find myself suffering from jealousy when he brought his girlfriend home. I hated her, although she is a beautiful, intelligent and affectionate young woman. I never had such feelings when he was with his other friends. Even my parents are very proud of him but this does not disturb me. Is it possible to fall in love with a brother?

Much of your unhappiness is, as you rightly admit, due to your jealousy. The daughter hero-worships her father, the son adores his mother, and as in your case, many sisters idolise their brothers.

This is all very normal. Don't hate yourself for this strange feeling. After all, it is difficult to share a brother's affections with another young woman, who appears as a competitor to you. Keep yourself busy with other friends and soon you will get used to seeing your brother showing affection to his girlfriend. It does not mean he loves you less.



LAXMI BAI

I told her to come inside she was Laxmi. By Gurjas Kaur

After Nagpur, when I got transferred to Delhi, I hired a small two bedroom accommodation in a locality near my place of work.

My maid Mamta has been working at my home in Delhi for the past six months. She brooms, mops, washes clothes and does dishes. Before coming to Delhi, I was in Nagpur in a hostel. There, cleaning and scrubbing was done by the hostel's housekeeping staff and food happened in the mess. Washing of clothes was outsourced to a washerman who stayed

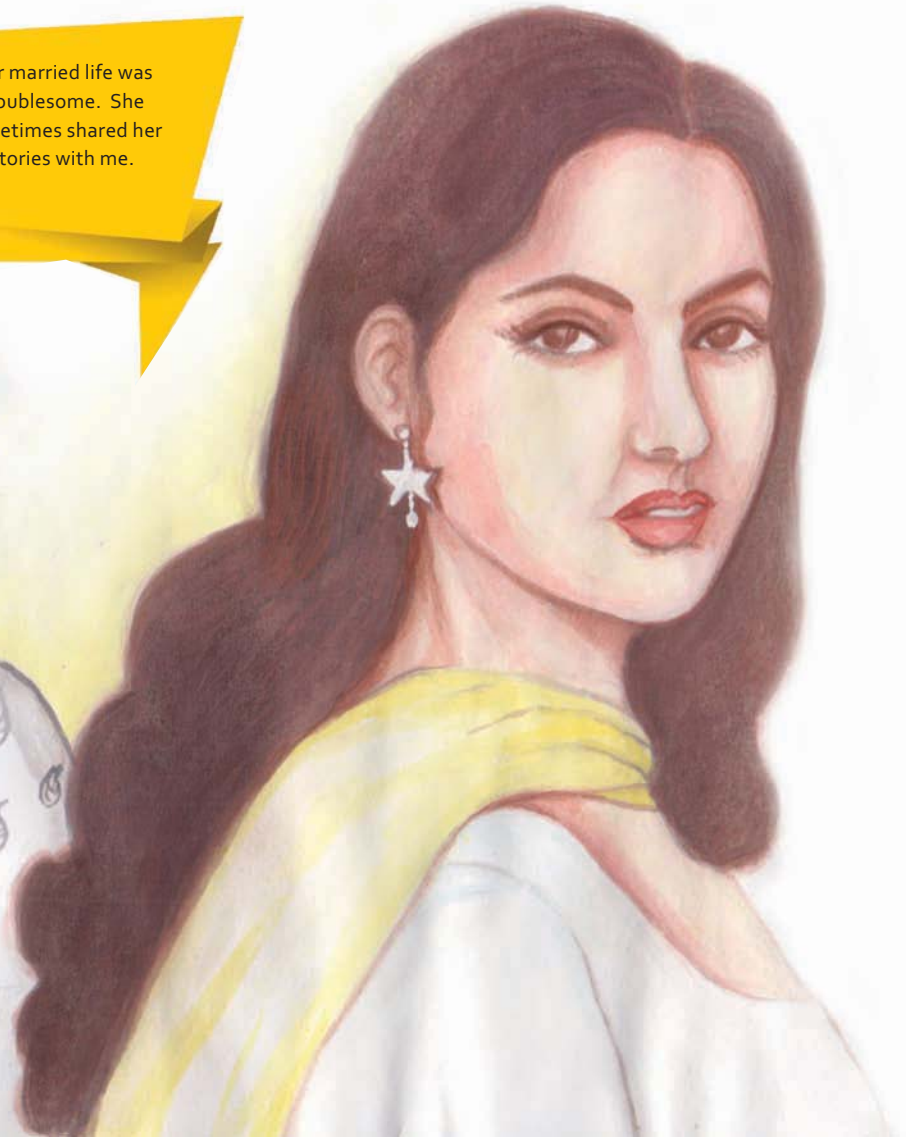
within the compound of the hostel.

After Nagpur, when I got transferred to Delhi, I hired a small two bedroom accommodation in a locality near my place of work. From morning till late in the evening for six days-a-week, I remained in the office, coming home only in the night for sleeping. I had no time for doing any household work. I asked around for a maid and learnt that one maid

by the name of Mamta was working in many houses of the block. She was old and known to many. I employed her.

Every morning, she would come around seven, run about the chores quickly and be gone. We never got any time to talk. Sometimes, when she felt chirpy, I would be busy in files and the times when I felt like talking, she would be fleeting off. Her favourite forte – the

Her married life was troublesome. She sometimes shared her stories with me.



neighborhood news – was a no-no for me and my sobriety and sincerity never struck any chord with her.

One day she asked me for a long leave as she needed to go to her native place for some work which would not let her return for months. This was a long leave she was asking for and I was sure to have difficulty managing home without any help. 'Any replacement?' I asked. She assured me that she will send someone.

Next day about 6 am in the morning, the doorbell rang. A skinny, petite girl, wheatish in complexion all wrapped in a dupatta, stood before me looking at me with askance eyes. 'Namaste, Di. Mamta autnie sent me.' I told her to come inside. She was Laxmi, married for three years, had a two year old baby girl, and lived somewhere in the same ghetto as Mamata. Her husband worked in some shop as assistant. 'Will you be able to work?' I asked, for she looked a weakling. 'Yes, Di', she said and started on.

There was something childlike about her. When she walked her anklets and bangles made a nice clanging sound. Who looked after the baby when she was away for work? Her husband left for work only by 10 am, so he looked after the baby till then and she, in the meanwhile, tried to finish her work fast, so she could join her baby before he left for the shop.

Her married life was troublesome. She sometimes shared her

stories with me. I just listened to her with a calm face, not offering any solution or advice. This was enough for her as she felt relieved after voicing her woes. Isn't it said that when someone shares one's problems, it is not exactly for solutions, but for getting the load off one's back.

One day, she went into the bathroom and everything became quiet. There was no sound of beating of clothes or scrubbing the brush etc. I got up to see what the matter was. There she was, sobbing softly keeping her head on the knees. 'What happened?' I asked, touching her shoulder gently. She was first hesitant in telling anything but then, keeping her eyes low, she narrated the past night's events.

Her husband had taken her to a cinema hall where she happened to get a seat alongside a woman who had a robust bosom. During interval, her husband went to ease himself and when he returned, he noticed that girl's chest. In the night when in bed, he passed a very nasty comment on her flat chest. The words used by him was so cutting that she couldn't sleep the whole night. She felt very bad.

"Di, why didn't God make me beautiful? Why did he do so much injustice to me. He made me a woman, gave me all the pains of a woman's body but did not give me beauty." After saying this, she started crying in hiccups.

I tried to say something to soothe her. "If he was

crude, she could ignore him at best. She should listen with one ear and pass it out from the other. She must realise she was beautiful. She had given birth to a child and fed her. The purpose for which women have breasts, was very much fulfilled in her case. Small or big size did not matter. He was also not a He-man after all.

I told her to come inside. She was Laxmi, married for three years, had a two year old baby girl, and lived somewhere in the same ghetto as Mamata. Her husband worked in some shop as assistant. 'Will you be able to work?'

There was no need to feel low on such comments." I doubted if my talk was any more than gibberish to her in the present state. Nevertheless, as if to respect me, she cleansed her face with dupatta and got going with the washing.

A lot many days had passed since Mamta had left for her village. In her absence, Laxmi was doing my work, and she was doing it quite well. The only problem with her was that she often had tales of drudgery to tell. Sometimes, it was drunken beating at her husband's hands or late night brawls or quarrels over not giving enough money for home, his going to prostitutes, et al. Her weak body went on becoming weaker.

Whatever little beauty was there in her seemed to be fast vanishing. Constant drudgery of family matters was taking a toll on her.

One day when she came for work, carrying a black bruise under her left eye and a gory abrasion on the forehead above. I quickly took her inside the house. Before I could ask her anything, she was off to the balcony to fetch the broom. Today, there was a gait in her movements. She was also humming in between. I was perplexed. On one hand, there were marks of physical abuse on her face and on the other she was looking happy. I couldn't keep quiet. "What's the matter Laxmi? Is everything okay?"

She behaved as if she had been waiting for me to ask this question. Quickly keeping the broom aside, she squatted by the sofa seat, leant against the wall and embarked upon the narration of the last evening's happenings.

"Di, yesterday something happened at home and I am feeling much better after that. I am feeling as if I have been liberated of all the fetters which my husband had placed on me."

"You left him! You two have separated?"

"Yes and no." she replied. We are staying under the same roof, but now he knows his limits. He dare not raise his hand on me."

"What happened?"

"Last night he came home late. The shop where he works gets closed at 8 pm and usually he returns in half-an-hour. But yesterday he came

past midnight, reeking of liquor. The moment he lay on bed, he started kissing me fiercely. He started with my face and slowly reached down. On reaching my nipple, something wild came over him and he bit it hard.

I shrieked in pain and suddenly, as a reflex action, flung my arms out to push him off. I don't know how my palm landed across his face as a tight slap. This sent him into a maddening rage.

Drunken as he already was, he connected two hard blows on my face, nearly missing my eye. Di, the blows were so hard that for a minute, my vision got blurred and all I could see was a spot of encircling light in pitch black darkness.

I started screaming my

lungs out. The mood was gone. He climbed off spitting filthy abuses.

I was under sharp pain in my eyes and chest. When I saw him getting off me, for a moment, I felt relieved that there would be no ordeal in the night. Also, somewhere deep down I felt it was the most opportune moment to shout out loud and create a scene. I ran out of the house shrieking in pain and telling everyone, without shame, what dirt my life was filled with. A few people came out from their houses to see what was the noise about. For their benefit, I repeated myself again giving details of what he had done to me and how he had beaten me. The gory wounds on my eyes were an open evidence of my torture."

"Di, seeing menfolk getting around, my husband got scared.

Cowered like a wet cat, he stood alone in a corner, not knowing what might come up next for him. Someone in the crowd suggested that I call the police because they are the best suited to set wife-beaters right. I kept bawling but did not call the police. The tamasha was serving him right.

Now I hate him like anything. From my side, he can blacken his face with as many women as he wants. I care a damn. Only one thing matters to me now. If at all he comes near me, he must behave himself. If any wild fantasy takes over him, I will drag him to the police station and make sure that their clubs redden his bottom."

It was a delight to watch

the change in Laxmi. The transformation from a coy docile weakling to a fierce lioness was beyond my comprehension. I asked, "Laxmi, how did this happen? How have you become Laxmi Bai from meek Laxmi."

"Di, I will tell you. There is an elderly woman called Ganga bai in my neighborhood. She told me that if we keep filth under cover, it will only breed germs. But if sunlight is thrown on it, all the germs would die. I applied this wisdom on my life.

There was no need to take abuses lying down. The remedy lay in climbing up on the terrace and announcing to the world what went inside my house. If no solution would come, at least public opinion would be gained."

We



Honeymoon at home

Ours was a marriage, arranged by my husband's maternal uncle who is a friend of our family. Our marriage had been finalised all of a sudden through the exchange of photographs, biodata, and video calls. Till the day of our marriage, we had seen each other only one time on a video call and we met only on the great day in full gaze of all our relatives. We had to

postpone our honeymoon as my in-laws were all set to go abroad within 15 days of our marriage. After their departure, we shifted to Bokaro. The very day of our going there, a grand party had been arranged by his friends to welcome me into their folds.

I, in all my finery, sat pillion on his scooter to go to the hotel, which was located about 6 kms away from our quarter. The roads were 'kaccha' with construction work going on in full swing; pebbles, sand, cement et al were strewn all around.

Actually, my husband felt ticklish and asked me to sit straight on the pillion without touching him. He, was all new to me with the result that I had been thrown off the scooter on to a heap of pebbles when the scooter sailed over a small bump. My left elbow had been badly injured and the left side of my stomach and my knees were bleeding. I sat there puzzled, not knowing what to do next. He met me at this stage, and we went

straight to the hospital for dressing of the wounds. As it was already very late we went straight from there to the party venue.

He repeatedly begged pardon of me. He was feeling guilty but was not ready to call over any of my relatives to help me at that time. For nearly a month, he had to do everything for me as I was unable to do household chores due to injuries. He assisted me in dressing the wounds, and looked after my needs with great care. This gave us a lot of togetherness and brought us very close to each other.

In fact, the purpose of going to a hill station for a honeymoon was served without going anywhere in our flat itself, thanks to the accident. Now, we are the proud parents of two intelligent little children and we are a happy family. My hubby, too, can ride his scooter only when I hold him tightly from behind!

– Mythili Venugopal



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Let's Talk About

YOU & ME

Sexual Hygiene for both men and women.

By Manju Bal Krishna

It is important to have sex but it is equally important to follow some sexual hygiene habits. Poor hygiene can lead to infections which, in turn, can lead to serious diseases for both the partners. Sexual hygiene is the first responsible step in intimate life for the safety of your partner and your own well-being.

Just like menstruation, vaginal hygiene is a taboo subject in India. Many women to date refrain from

talking or sharing tips on how to maintain feminine hygiene. However, it is important to know about vaginal hygiene to keep your genitals clean and your reproductive tract healthy.

From affecting your sex drive to fertility and your ability to reach an orgasm, being indifferent about your vaginal health can have adverse effects. Sexual hygiene of men is something that is almost never discussed in our society until

after marriage when it can be either a hit or trial thing or the onus is entirely on the woman!

However, there are a few things that you both could do prior to and post-sex in order to be able to truly enjoy it. Below are some practical tips to prepare your mind and body for a safe and happy intimate experience with your partner.

So, get sassy under the sheets, but follow these sexual hygiene habits to have safe sex.



FOR MEN

Keep Dry And Clean

Skin in a man's genital region is not all that different from other areas of the body, so cleaning it once a day is just fine. To avoid jock or crotch itch, men should take care to dry off well after swimming or bathing, and sweating. It's also a good idea to wash up before getting intimate. It can minimise the spread of infections.

For men who are uncircumcised, it is important to clean under the foreskin, making sure to wipe away any residue that has built up there. This is mostly a cleanliness issue but a lot of accumulation can be a hotbed for bacteria, and thus, sexually transmitted infection can get inflated.

Change Your Undergarments

Men should change their underwear daily to avoid infections, irritation, and odour. If you sweat heavily, a midday bath and a change may even be warranted. Cotton is a good choice to let the body breathe and so is good support.

Self-Examination

It's good practice to get into the habit of checking your genitals for any bumps, redness, sores, blisters, and warts (although anything that strikes you as odd is worth bringing to the attention of your doctor).

Changes down there can indicate STDs (Sexually Transmitted Diseases), cancer, and other problems. Many lumps that men find are not serious but they should always discuss them with a medical professional to rule out any harmful growth.

Be On The Same Page

We feel shy to talk about sexual protection before marriage. But if both partners can discuss this and also get tested to heal or treat any sex-related problem so many unpleasant and explosive situations can be avoided post marriage. Even if this isn't possible, using protection and using it correctly is a huge first step in the right direction.

MEN SHOULD CHANGE THEIR UNDERWEAR DAILY TO AVOID INFECTIONS, IRRITATION, AND ODOUR. IF YOU SWEAT HEAVILY, A MIDDAY BATH AND A CHANGE MAY EVEN BE WARRANTED. COTTON IS A GOOD CHOICE TO LET THE BODY BREATHE AND SO IS GOOD SUPPORT.



Hair And There

Pubic hair is believed to diffuse pheromones, helping people attract each other. Keeping pubic hair or trimming it or removing it altogether is a personal preference. But we must know that it has a purpose – to help you stay clean and warm, while also adding some comfort during intimacy.

Stick To Water

Stick to water and a simple bar of soap to clean yourself down there; for women, water is more than enough. Special cosmetics, perfumes, or deodorisers are a strict no-no.

Loosen It

Whether we're talking about underwear or pants, a looser fit is better for your functioning down there. Restriction and overheating can both affect fertility and contribute to infection, like jock itch.

Show Her Some Love

Intimate partners can care for one another by checking each other for signs of infections or other sexual health problems. Oftentimes, partners are the ones who find lumps and bumps that could need attention from a medical professional.

Just as with men, women should be notified of any redness, lumps, blisters, or warts. It's important to note, however, that many STDs do not show any visual symptoms. So, that yearly test is still warranted, even when all looks well.

FOR WOMEN Clean And Dry

Do not use any products to 'clean' the vagina or vulva. The vagina is an efficient biological machine that is perfectly capable of cleaning itself after an intimate routine. Clean if you must with water and wipe yourself dry with ordinary wipes.

Not wiping the vagina after urinating can cause the panties to get wet, which not only can lead to bad odour but also put you at risk of vaginal infections. Hence, it is always advised to wipe the area using toilet paper or a soft cloth so your underwear is always dry.



DO NOT USE ANY PRODUCTS TO 'CLEAN' THE VAGINA OR VULVA. THE VAGINA IS AN EFFICIENT BIOLOGICAL MACHINE THAT IS PERFECTLY CAPABLE OF CLEANING ITSELF AFTER AN INTIMATE ROUTINE. CLEAN IF YOU MUST WITH WATER AND WIPE YOURSELF DRY WITH ORDINARY WIPES.

The Right Way

For women, it is essential to note the direction of washing your genitals. It is recommended to wash from your vagina to your anus to prevent the transfer of germs from the anus to the vagina and also avoid yeast infections.

The Power Of Peeing

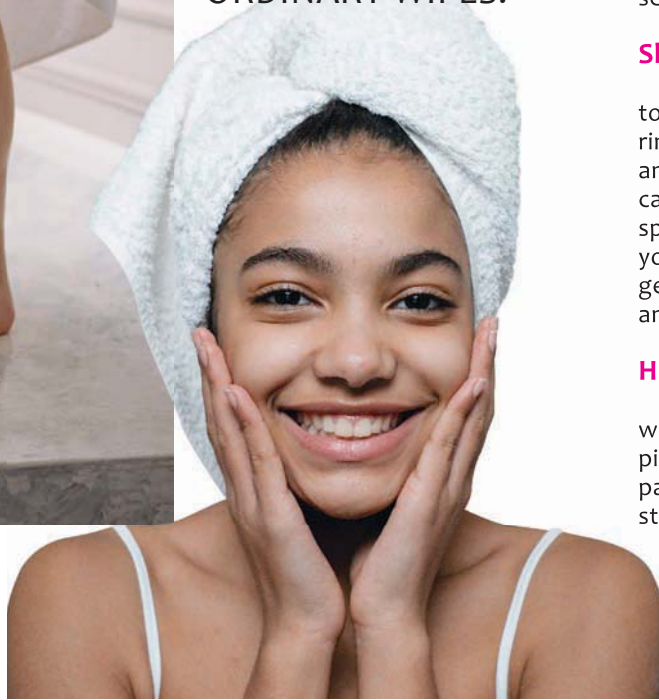
Peeing could work as another way to help lower the chances of vaginal infection or UTIs (Urinary Track Infections). The theory is that as your body rids itself of fluids, any bacteria that might have been introduced into the urethra during sex may also be flushed out.

Showering

If you've had anal sex, make sure to have shower afterward. Also, rinse your genital area to get rid of any lingering bacteria. Anal sex can cause microscopic tears to your sphincter and if the bacteria from your anus (including faecal matter) get into those tears, they can cause an infection.

Hand Hygiene

Washing your hands is the best way to get rid of bacteria you might pick up from touching your or your partner's genitals. That's the key to stopping infections from spreading.



Wash with soap and water, and make it part of your post-sex clean-up routine.

Yeast Infections

Partners can pass yeast infections back and forth during sex. Even men can get yeast infections. Any itching, burning, or a thick, white discharge from the vagina or penis should be treated immediately.

To Shave Or Not To Shave

Some women prefer shaving pubic hair as they think the pubic hair looks gross and unclean. Did you know that pubic hair acts as a safety net that protects the vulva from bacterial infections?

Also, if you are planning to get it done at a parlour, beware of the products used which might be laden with chemicals and instruments which can be used without cleaning.

Breathe Easy

Very tight panties, jeans, leather pants or shorts, jeggings, leggings and infections. Breathable fabrics and comfortable fits are highly recommended. To allow blood circulation, keep the intimate area dry and maintain vaginal health, opt for breathable fabrics.



Protection

Unprotected sex carries the risk of sexually transmitted infections (STIs) such as chlamydia, gonorrhoea, herpes, warts, syphilis and human immunodeficiency virus (HIV). Hence, using protection such as condoms every time you have sex is one of the simplest and effective ways to prevent STIs and vaginal infections and unwanted pregnancies.

WASHING YOUR HANDS IS THE BEST WAY TO GET RID OF BACTERIA YOU MIGHT PICK UP FROM TOUCHING YOUR OR YOUR PARTNER'S GENITALS. THAT'S THE KEY TO STOPPING INFECTIONS FROM SPREADING. WASH WITH SOAP AND WATER, AND MAKE IT PART OF YOUR POST-SEX CLEAN-UP ROUTINE.

Don't Lose Your Way

While having sex is an intimate act that everyone will most likely engage in doesn't mean everyone knows what they're doing.

For instance, some might not know about all the bacteria one might have in their rectum can easily be transferred to the vagina if one is not careful. It's best to keep those two areas separate to prevent any infections from happening.

Avoid oral sex if your partner has sores around the mouth or near the genitals. It can pass on to you.

Special Situations

Whether you want to be intimate during menstruation or pregnancy is up to you. The first one could be messy and embarrassing and the latter should be subject to the doctor's advice. Whatever you do, take care of your health down there. It is the minimum you can do to keep yourself and your partner loved and safe.

Did you notice that many of these tips are meant for both partners? If love and sex are two sides of the same coin when you are in love, so is your and your partner's health intertwined with each other's. Take care of each other! **We**





Cheat in the garb of monk

It was around 1 pm, when a monk came to my house the first time. The day was the death anniversary of my daughter-in-law. My son had no faith in saints and sages. But that day, he invited the monk inside the home and offered him Rs 500. But the monk returned all except Rs 250. It created a sort of respect for the monk in my son's mind. By narrating the past incidents of our family, he reinforced my son's faith.

The next day, he came again at around 10 am. Only three of us - my granddaughter, the servant and I were in the house. He sent my servant out of the house to fetch some sort of grass for performing some rituals. Then he told me to give a gold ring to prepare holy water with it for the good health of my son as he was suffering from some diseases.

I had a brass ring on my finger. I went in and gave him a gold ring. He gave his address and assured me to return it in the evening. I was so spellbound by him that I was doing all his bidding helplessly. He did not return even the next day. When I inquired, there was no one by that name. He had duped me very cleverly.

– R.A. Agarwal

Expensive snacks

As I had to go to Bangalore suddenly, I was travelling in a jampacked unreserved ladies compartment of the Madras-Bangalore Express. Everything

went well up to Jolarpet Junction where the train stopped for 10 minutes.

A lady, who got down from our compartment came to me as I was sitting near the window and requested me to pass on the snacks packet and coffee flask to a lady at the other corner. Then she asked me for Rs 500 for getting snacks and coffee for herself since she had got down without taking her purse which was kept in her cloth bag and showed me the bag in the corner seat. Seeing the bag in that corner, I gave her Rs 500 and Rs 300 more to bring me also some snacks. Meanwhile, the lady sitting opposite me also gave her Rs 500 and one empty bottle for the coffee. There was a big commotion when the lady did not turn up even after the train started. When I pointed out the cloth bag in the corner, to my surprise, the lady sitting next to it claimed it as hers. Only then we realised that we had been cheated.

– K.B. Nagaratna

Dim-light trick

My husband and I (both senior citizens) travelled by Vadodara Express, from Baroda to Mumbai, on 23rd January 2021. The train reached Dadar by 5:30 in the early hours next day. It was still dark. We had to reach the Chhatrapati Shivaji Maharaj International Airport, to catch the morning flight of Indian Airlines to Bangalore at 10:40 am.

A taxi driver approached us on the platform itself at Dadar railway station and offered to take us to the Chhatrapati Shivaji Maharaj International Airport for Rs 650. We were forewarned by our son to be careful in Mumbai and had been informed that the normal taxi fare to the airport was only Rs 600. When I told the driver about this, he said that the rate comes into effect from 8 am only and before that it is Rs 650.

He further impressed us, saying that he was a god fearing person

and that the Lord would never forgive him if he cheated elderly people like us. On our way to the airport, he stopped the taxi in a dimly lit spot near a petrol bunk, and asked for Rs 500 for petrol. I had only a 500 rupee note in my pocket diary and all the others were 20 rupee notes. I had given him the 500-rupee note from the back seat and said that the amount would be adjusted against the fare. After some time, he showed a 50 rupee note to my husband and said, "Mataji gave 50 rupee note." I was shocked and insisted that I had given him a 500 rupee note. He showed us all the notes he had with him among which there was no 500 rupee note. He must have hidden it by some sleight-of-hand.

People at the petrol bunk said they did not have petrol and it was surprising how a taxi driver of the area was not aware of that. It was then that I realised he had stopped the taxi in that dimly-lit spot purposely.

After reaching the Airport he further extorted Rs 650 from us apart from the 500 rupees he had got by duping me.

– Padma Naryan

TRUE Incident

If you have, at an time, been taken in by a smooth-talking trickster or a clever impostor, share your experience with our readers. Contributions should be about 500 words typed or neatly written on one side of the paper only.

HOW I WAS DUPED

Woman's Era

E-3 Jhandewala Estate, New Delhi-110055.
Womansera.com

Name: _____

Mobile: _____

E-mail: _____

YOUNG LOVE

We were teenagers. By Janak Singh

Bitter and sweet memories of the days I used to hold Paro in my arms came rushing to my mind whenever I was in my ancestral village, Gobind Garh in Punjab. Living in haveli across the street, opposite our mansion, she would come down whenever I signaled her from the window of my room and sneak across to the dim-lit vestibule where I, hiding behind the big wooden door, would come out and start hugging her.

Paro would always be smartly dressed with polished penny loafer, ribbed knee socks, sweeping skirts and broad belt. Her bands gleamed in the bouncy waves of her dark hair. Often, I whispered I felt like carrying her away and disappearing somewhere so that nobody could find us.

"But where would we go, Sartaj? If my mother came to know I was planning to run away, she would lock me up in a

room and never let me even see you."

"My beloved Paro, parents are always conservative. They never want their children to enjoy themselves, the way they did in their younger days."

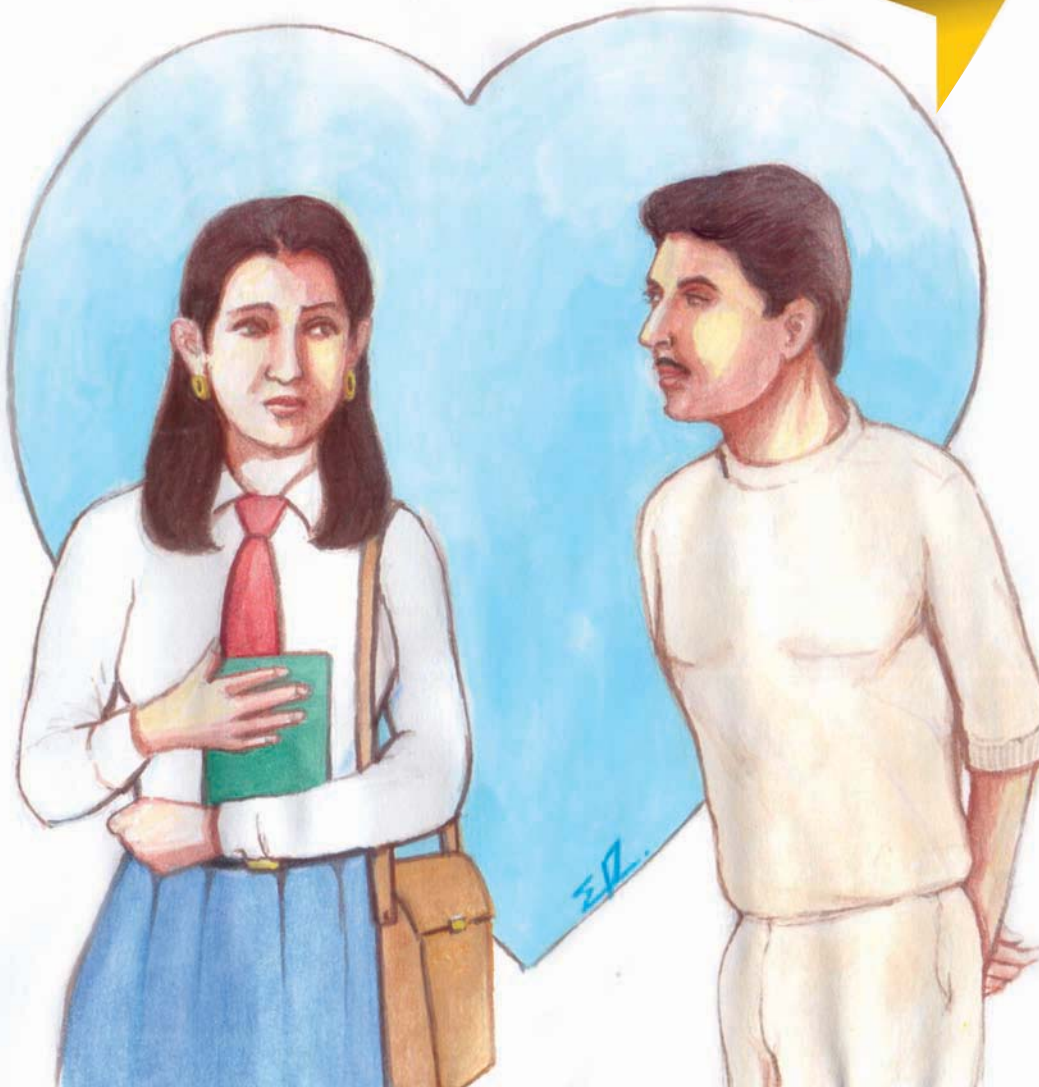
We were teenagers who

"My beloved Paro, parents are always conservative. They never want their children to enjoy themselves."

had been playing with each other since we were small kids. With the passage of time our old ties were burgeoning into a torrid affair, like that of Romeo and Juliet. The only difference was in Shakespeare's play the two families- the Capulets and the Montagues- were hostile to each other whereas in our case both the families were closely related and had warm fraternal ties. They both belonged to the Babber clan, which made them socialise together whenever there was any fair, festival or wedding.

Sometimes, I would beckon her to come over and then lead her through the dark passage upstairs to my study on the second floor of our mansion. For me, this was a kind of love nest where Paro and I would be lost in embracing each other, often saying sweet nothings, planning our life together in future. When I undressed her, Paro lying on my bed with her sallow skin looked great.

I would stroke her breasts, kiss her alluring lips. She was a voluptuous girl with round face, aquiline nose, large lustrous eyes, her tresses often tied with a red ribbon behind her neck. She would keep watching me when I unzipped my trousers, rolled a condom on my penis and then started kissing her from the apex of her thighs and



move up across her belly button to her breasts. She was enraptured, submitting herself totally to my passion. I used to feel I was in the seventh heaven lying with her in my bed, holding her behinds in my hands. She would experience a sensation in her body she had never felt before when I made love to her.

After matriculation, I joined the Presidency College in Amritsar. Whenever I returned to Gobind Garh on weekends or during holidays, I would try to meet Paro. A year or so later, I started using the family car to drive to Patti and Taran Taren to sort out matters relating to a revenue dispute connected to our estate. Since I made day trips, I invited Paro to accompany me so that we could spend more time together.

"My God!" exclaimed Paro. "What would happen if somebody saw me going with you in your car?"

"I think it would make things a lot easier for us. Rumors that we are in love would spread fast and reach our parents. Following these reports, they may start thinking of our marriage and that would be the best thing to happen. These reports can really act as open sesame for the heaven of our life together."

Paro would keep waiting for me on the outskirts of the village from where I used to pick her up. We drove away not once but many times and enjoyed ourselves. Sometimes, we checked into a hotel in Patti and remained locked together

for several hours in lovemaking. I assured her as soon as I completed my graduation, we would marry and live happily together.

One day, she confided in me that her mother and elder sisters had started talking about her marriage.

"But if I marry, it will only be you," said Paro. "Both of us love each other so much. Why can't we be united in matrimony?"

"Now that I have completed my education with a law degree, I'd take up the question of marriage with my family. You'll see, before long, we shall be living as husband and wife in some nice house with a small park grown with flowers on borders in Amritsar, and if not there, then in some other important town wherever I can have good practice as an advocate."

Broaching the subject with my mother, I said,

"My elder sisters and two brothers are already married. Now that I have completed my education, I think I had also better get married Ma, instead of running after girls here and there."

Briefly smiling over my remarks, my mother said, "Do you have a girl in mind? If so, let me know so that I can talk to your Father about it."

"I want to marry Paro. Not only is she charming, she is also loving and homely."

But my mother was shocked. Her face became contorted as if something had hit her.

"What're you talking about, my son? This can never happen. It's not a

question of the girl being charming or not; intermarriages are forbidden in the Babber clan. It's a fiat laid down by your ancestors. Nobody has ever challenged it. Boys and girls of the Babber clan have to choose their mates from other clans. Nobody will help you if you talk about Paro. She is a Babber girl."

"Whatever the Babber custom or tradition what's the harm if I marry Paro? She loves me, Ma."

"My elder sisters and two brothers are already married. Now that I have completed my education, I think I had also better get married Ma, instead of running after girls here and there."

"I can't help you, my son. You may talk it out with your Father, if you like." She got up from her chair, leaving me to ponder over my dilemma. With a rosary in her hand she moved towards the altar enshrined with pictures of Guru Nanak Devji and other gurus and where she often sat, saying her prayers to keep her family happy.

The following day, I went to my father and said I wanted to talk about something private. His attendant in the room was asked to move out. When we were alone, my father casually enquired if I had started practice in the courts in Patti, a big town near our village, now that I had a law degree. I was

relieved to note that my father was not in a foul mood. As my father seemed inclined to listen, I mustered up the courage to broach the subject of my marriage. Without making any bones about it, I straightaway came to the point and said,

"I think Paro is a good girl, and I want to marry her."

My opening remark made my father sit up and look me straight in the eye.

"Marry her? Never before in our family has anybody opened the subject of their marriage as you have done. Is everything all right with you? I hope you're not going to change overnight long accepted family norms in the Babber clan."

Notwithstanding my father's evasive response, I couldn't help picking up the thread further.

"I'm twenty-four, properly qualified and experienced to live independently. It's time for me to get married. Times have changed and obedience to clan traditions and customs, whatever they are, does not always guarantee happiness. Today it is not possible to follow and swear by what was prescribed for us long ago. Even our great ancestors would not have insisted on compliance with their old ideals, given the changed life and conditions now."

"What're you hitting at?" snorted my father, looking at me straight in the eye. "Come to the point. Now that you're a qualified lawyer you should

not beat about the bush."

Feeling somewhat heartened over my father's observation, I said, "The question of my happiness will always be uppermost in your mind, I'm sure."

"Of course," my father interjected, "you're my son, and I would like you to live happily."

"As a loving father, you would support my decision, even if I decided to do something unconventional. After educating us in best public schools, you cannot subject us to archaic customs. With the importance of modern values impressed upon my mind day in and day out by good institutions where you sent me, I cannot accept old traditions of our clan, especially if they circumscribe my life in any way."

"Who the hell told you that the customs of our clan, the traditions we have followed for ages are archaic. It is because of them, you bloody bounder we have reached where we are: the topmost zamindar family of Gobind Garh. Give up the silly notions and start taking pride in whatever has sustained us for long if you want to live happily."

My father started coughing and hawking, before clearing his throat. I should have known trouble was brewing. Without batting an eyelid, he got up, walked toward the cupboard where his gun lay. Holding the weapon in his hand, he grabbed me by the shoulder and shoved me to the balcony outside. What was he going to do? Kill me? He pushed me toward

a chair. His face was contorted with anger, his beady black eyes staring into mine. I was so unnerved I couldn't feel my legs anymore. Was he going to shoot me? I shrank in horror. Moving back slightly, with his gun in hand, he said in a stentorian voice:

"This is a loaded weapon. If the nonsense I have heard is repeated again in my presence, if you ever have the temerity to talk of breaking the Babber tradition laid down by our great ancestors, if you ever think of marrying any Babber girl, you'll have a bullet in your chest. Remember, it can cost you your life, you bloody bounder, talking like an idiot to your Father."

Continuing the argument, father bawled:

"You despicable fellow, intent on ruining the Babber name which made even chieftains bow before them in the past. It must be the conspiracy of that wretched woman, your bloody mother, I know.

Otherwise, you wouldn't dare talk to me the way you have done."

Seeing my father's uncompromisingly stubborn mien with a gun in hand, I literally started experiencing tremors in my chair.

Warning me to mend my ways and hold my tongue in check, he lifted the gun, and fired a shot into the open sky. "Get lost," he thundered at me.

Informed by Sarjo, the maid, that I was weeping, my mother came to my study. "Sartaj! Sartaj!" she called. But I did not open the door. She had no idea why father had fired his gun. Later, she learned about what had transpired between me and my father from Sarjo, who had been sitting outside the room

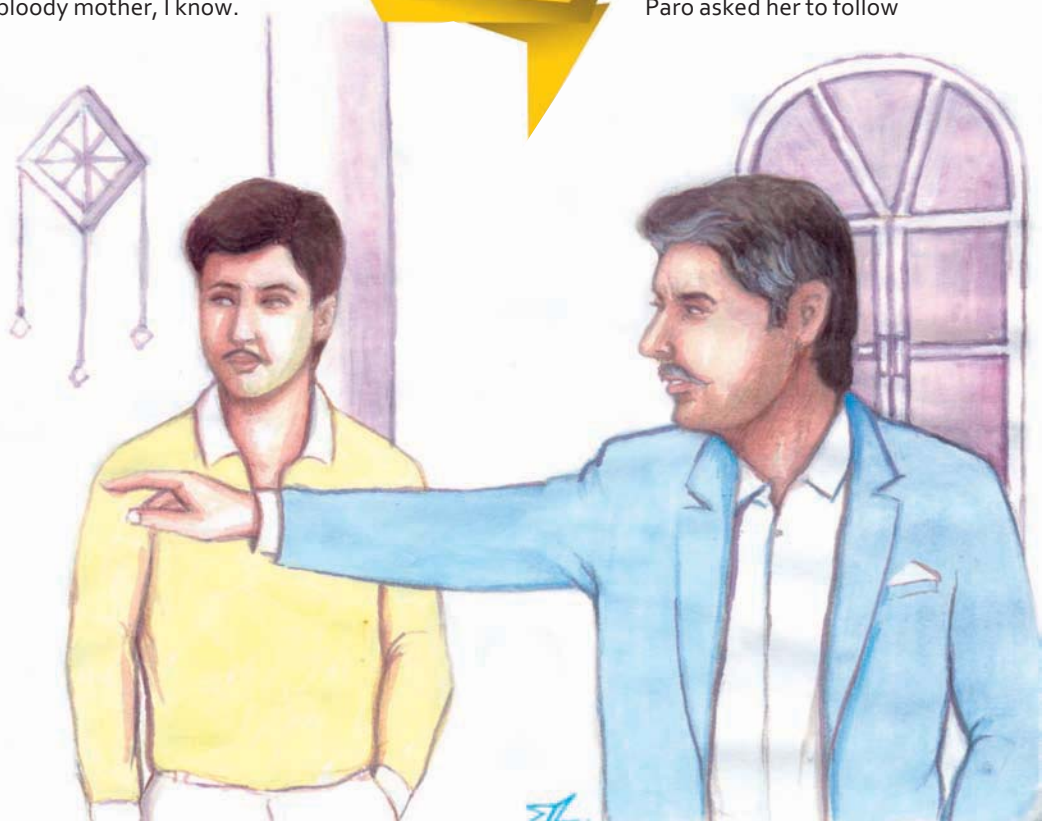
and had overheard everything.

Pondering over the problem, I quietly slipped to Paro's house, pretending that I had come to chitchat with her brother. As soon as I was alone with Paro in their lounge I whispered to her that I was going to Amritsar and would be back tomorrow or the day after. As her brother joined us, she could not ask me the reason for my sudden departure.

The following day, while Paro was sitting close to the window of her room, overlooking our mansion on the opposite side of the street, she saw Sarjo sweeping the rooftop. She motioned the maid to come over to their house. Being aware of the fact that Paro's affair with me was the root cause of the trouble, Sarjo thought it might be well to inform her.

When it was twilight Sarjo crossed the lane and moved towards Paro's house. Seeing her coming, Paro asked her to follow

"you're my son, and I would like you to live happily." "As a loving Father, you would support my decision."



her as she ascended the stairs and proceeded toward the garret. She made her sit on the bed and enquired why I had gone to Amritsar.

"It's all because of you," Sarjo said, then hesitated wondering whether she should reveal all that had happened.

However, prodded by Paro, Sarjo could not help telling the truth.

"Sartaj says he cannot live without you. The Sardar says he will shoot him dead if he ever talked of marriage with you because you are a Babber. A Babber cannot marry a Babber, according to the clan tradition. He went to the extent of warning Sartaj by shooting his gun."

"But what did Sartaj say?"

"He was thunderstruck, retreated to his room and started weeping bitterly."

"Why has he gone to Amritsar?"

"Nobody knows what's on his mind. The Sardar is not going to tolerate any defiance by his son."

After hearing from Sarjo about the fracas between Sartaj and his father, Paro was in deep despair. She didn't know what to do. She became sadder and lonely even when her friends and cousins sang and danced in their house in celebration of her imminent marriage.

I returned the following day and moved about with confidence. I sat in my study and kept waiting for dusk, which was usually the time Paro would slip out of her house and come to meet me. But Paro did not come that day.

The following day, I

hoped again that Paro would drop in, but nothing happened. Sad and gloomy, I moved about restlessly. Not seeing Paro for several days, I wondered what would happen to the plans I had made for us to elope and escape from our families. During my visit to Amritsar, I had booked a taxi with a travel agent, and as soon as I and Paro were to arrive in Amritsar, I had decided we would switch over to the car and go to some far-off place. But it was all in vain for Paro was not even showing her face.

A couple of days later, I heard women singing wedding songs in Paro's house. I came down and standing by our gate kept looking at the haveli opposite. A girl living in the neighbourhood and unaware of my presence enquired from Paro's friends, who were standing near our mansion,

"What has happened? We never thought she would marry anybody other than Sartaj. She had been running around with him for so long, even going to meet him in his house after dark. Has Sartaj ditched her?"

"God alone knows what has happened," Paro's friends responded. "Paro has not spoken to anyone. She used to run about cheerfully, but the prospect of marriage has made her look sad and gloomy. Even her mother is surprised. I hope nothing frightful happens."

The following day the sound of a brass band in the street heralded the arrival of the marriage party. I did not know how I could see Paro and persuade her to

elope with me as I had planned. The merriment in the courtyard where the wedding reception was taking place attracted the attention of neighbours, who came out to watch the celebrations. Shutting the window of my room, I sought to insulate myself against the invasion of jubilation which was literally pouring oil over the fire burning in my heart.

The following day, the sound of a brass band in the street heralded the arrival of the marriage party. I did not know how I could see Paro and persuade her to elope with me as I had planned.

With a photograph of Paro on my table I started drinking straight from the bottle to drown my sorrow. After the third or fourth gulp, memories of the days Paro had spent with me in Taran Taren began to dance before my eyes. My bed where we had lain together several times started looking like a gorgeous rendezvous in my imagination, inviting me to meet Paro. I moved towards it and seeing only the white sheet covering it screamed, "Paro! Paro! Where're you?"

Seized by a sudden desire to see Paro, I got up and moved toward the stairway. As I took the first step, I glissaded down the stairs and bonked my head against the wall. I remained lying there unconscious for quite some time. When I

came around, I saw blood stains on my shirt. Blood had oozed from an injury I had sustained on my forehead. It was quite late. I looked down from my balcony at Paro's house. There was no singing or dancing. Only a couple of dogs sniffing here and there for food were barking in the deserted street. I returned to my room, wiped the blood on my face with a hanky dipped in water and lay on my bed.

The following day, I stood in the window, watching the departure of the marriage party. Paro and her groom came to the threshold of the outer gate. Looking up and seeing me disheveled in the window, Paro was transfixed and started feeling giddy. She was about to collapse, but the girls moving out with her did not let her fall. She was helped by her friends to move toward the palanquin. As the groom ascended the decorated mare, which had brought him to Paro's house, the marriage party, led by the brass band, moved away with the palanquin toward the end of the street where two buses were parked to take the party back to Nabha.

Four to five weeks after her marriage, Paro returned to meet her parents. Overhearing a conversation between my sister-in-law and Sarjo, I came to know that Paro had come back for a few days. I felt she would not disappoint me now. I went to my study and again seated myself at the same spot from where I used to see her. But there was nobody in the window

opposite, nor could I see anybody in the garret. After waiting a long time, I wondered what had happened to Paro to cold-shoulder me like that.

The next day, I was surprised to see Paro visiting our house, wearing jewelry and an embroidered pink dress. While she exchanged pleasantries with my mother and sister-in-law, I sat nearby. Being unable to start any conversation with her, I got up and went to the corridor that led to the exit from the house. When she was about to leave I stood in the darkened passage. As she came nearer, I tried to embrace her. She resisted.

"Why did you betray me when I was ready to give up everything for you?" I protested without raising my voice.

Looking up at me, she said,

"Babbers are forbidden to marry each other. This is the clan tradition. Please don't talk to me. If your father saw me with you, he would shoot both of us right here."

She pulled away from me and fled, leaving me wondering how she had come to know what my father had said.

A couple of days later, when I was driving my car to Amritsar, I saw Paro all alone on the outskirts of Gobind Garh. She was clearly on the way to the Gurudwara which was on the outskirts of the village off the main road. I stopped, and got out of my car. As we stood facing each other, I raised my arm and holding her from behind started kissing her.

She protested and tried to wriggle out of my embrace. Instead of relaxing my hold, I pulled her closer and tried to carry her to my car. She remained rooted to the ground.

"If somebody saw us, what would happen?" Paro pleaded.

"Don't worry. We are not strangers."

"But I'm married now. The way you are behaving can ruin my life. Do you want to throw me in an abyss? For goodness sake, let me go. If you love me, don't be so unkind."

"But why did you ditch me?"

"If somebody saw us, what would happen?" Paro pleaded. "Don't worry. We are not strangers." But I'm married now. The way you are behaving can ruin my life."

"It was a question of your life, my dear. Since your father had threatened to shoot you if you persisted in marrying me, what could I do? I would rather die than see you come to any harm."

Paro started weeping, and rested her head against my chest.

"Please, I beg you, let me go."

"I'm your well-wisher—not enemy. I would rather die than let any harm come to you."

Overcome with emotions, she kept on weeping.

"Oh Gosh, what wrong did I do that you punished

me in this fashion, changed my life overnight, made me part with my Sartaj?"

"Don't blame god. You didn't even show your face to me when I returned from Amritsar. I had made all the arrangements before your marriage to take you to some far-off place, where no one could see us."

"No Sartaj; no. Your father would have shot you dead had he heard even a whisper of the elopement you were planning. Sarjo had told me everything—how he warned you when you broached the subject of our marriage."

When I heard this, I was speechless. I just held her in my embrace. She also didn't utter a word. Then, holding her hand, I led her to my car.

"But where're you taking me? What's the use now when everything is over?"

"The Babber traditions have separated us. But we'll always remain together come what may."

Her sobs could not change my mind. I put my foot on the accelerator and drove straight to Taran Taren. Seeing that I was adamant, she resigned herself to my will and became quiet. After about an hour, we reached Taran Taren and checked in the same hotel we used to frequent before her marriage. She looked morose and sullen, but she was not protesting anymore. We remained there, making love. Since I was convinced now that I could not make her elope with me, I did not raise the topic and told her,

"Don't worry, nothing

will happen. You are dearer to me than my life."

Despite my comforting assurances, Paro remained tense, thinking about the consequences if some relation or acquaintance saw us. I kept on telling her not to worry. About three o'clock in the afternoon, we got up and prepared to leave. Without asking her, I drove back to Gobind Garh and dropped her near the Gurudwara she was going to earlier in the day when I had picked her up. I myself resumed my journey to Amritsar.

My mind was assailed by a deepening sense of despair over having lost Paro whom I had known since childhood, and the like of whom I might never find again in life. Images of how we used to play, how she would sneak over to my study and how we swore eternal love were dancing before my eyes as I was jolted out of this reverie when my car hit a bullock cart loaded with haystacks parked on a side of the road. The startled cart owner suspecting me drunk, shouted,

"Are you in your senses? Nobody would bump into a cart when the entire road is empty."

Of course, I was hurt by his accusation, but couldn't say anything in my defence. I only said, "No, I was seeing a dream."

"But how will you go safely if you are so absent-minded?"

"My dream is over now, gone out of my life."

Saying this I swerved my car and drove straight on the road to Amritsar, realising Paro was gone for good now.

We

Child Challenges



MY EIGHT-YEAR-OLD DAUGHTER HAS GOT a dark brown pigmented area with hair on it. It is present since birth on her neck just under her jaw. What early and effective remedy would you suggest?

This is a birthmark. There are certain other characteristics of the mark that have to be studied by direct visualisation by a doctor. What is its size? Are the edges raised? Is it growing with age?

Other factors like the length of the hair have to be looked into. If it looks unseemly, the only treatment is surgical removal by a plastic surgeon. This should be done only after the child reaches maturity as the operation scar also grows with age. So just consult a plastic surgeon and wait till your daughter grows up.

I AM A WORKING WOMAN WITH A THREE YEAR-old son. He doesn't like milk or any other food. He never demands food even if he is left hungry the whole day. I leave him in a creche during my office hours. There he takes full lunch (dal, two rotis, rice, sabzi).

During evening hours he takes a full glass of milk. When he returns back home at 6 pm, he doesn't take anything. We then force him to take a glass of milk before he sleeps. On Sundays/holidays he remains hungry the whole day. Owing to this, I can't leave the place and go for any outing.

Otherwise, he is intelligent and very active. His height is normal and weight is 14 kg. He likes fruits and dry fruits. I try everything so that he takes interest in his meals. I serve him separately during dinner. But he doesn't eat. He is anaemic and so I give him iron tonic.

It is difficult to understand why your child eats a full meal at the creche and not at home. Perhaps eating lunch is a group activity at the

creche and he enjoys doing so with his peers, or else you are being misled. Also, not eating at home may be a way of showing his resentment at leaving him alone the whole day.

On the other hand, you may be worrying excessively and unnecessarily. In spite of his lack of appetite, he is growing well. His height is normal and 14 kgs weight is not that bad for a three year old who is chronically under-fed. Why don't you maintain a chart in which a weight record is maintained on a weekly or fortnightly basis?

If his height is increasing in spite of his seemingly poor food intake, you have no cause for worry. Another thing is to stop giving him snacks, chocolates and ice-cream in between meals. This will make him sufficiently hungry at mealtimes to eat a proper and balanced meal.

MY SON IS TWO YEARS OLD. HE IS unable to pronounce the Hindi alphabet clearly. He lisps and mispronounces some of the letters. His female cousin speaks clearly. I make him read and give him chilli but there is no improvement. Please advise me whom to consult.

He is just two years old and is entitled to a few mistakes in his pronunciation and speech. Do not be after him and create complexes at such an early age. Just let him be. Making an issue out of it won't solve your problem.

In fact, it is not a problem at all in the first place.

There is no need to teach him the Hindi alphabet at this age! As for putting chilli powder in his mouth to make him speak correctly, it is positively cruel. Do not compare him unfavourably with his cousin. Girls are usually smarter than boys.

Moreover, every child differs in his developmental and behavioural

pattern. Do not worry as long as it is in the normal range. If you are getting paranoid about his "speech defects", you can consult a speech therapist to dispel your fears.

I AM A 37-YEAR-OLD WOMAN. I HAVE 9 year-old daughter. Recently, my daughter has started developing grey hair. Just one or two hair started greying in the beginning. Now, they seem to have spread rapidly. As my husband gets transferred often, people say that it is due to frequent change of water. She is otherwise quite healthy and seems to have no other physical disorder.

I started developing grey hair at the age of 30. Could it be hereditary? If so, why at the early age of 9? Please suggest some remedy.

The premature greying of hair is usually hereditary. It could also be due to leucoderma of the scalp. The hair overlying the leucodermic patch turns white.

There is not much one can offer in the form of treatment in either case. You should take her to a dermatologist (skin specialist) who will examine her thoroughly, arrive at a diagnosis and prescribe a cure, if any.

I AM A 28-YEAR-OLD WOMAN. I HAVE A TWO and a half year-old son. I sweat a lot, especially on my palms and soles in all seasons. This has been happening since childhood. Now my son also sweats similarly. Is the condition hereditary? Can you please suggest some remedy?

Excessive sweating is called hyperhidrosis in medical parlance. This can occur in two ways; either a patient sweats all the time on the palms and soles in which case it is due to vasomotor instability. This needs treatment by a dermatologist.

Or it occurs as a result of stress and is due to emotional instability and needs psychiatric consultation. In either case, there is not much available in the form of treatment. If the condition is not very distressing, it is wiser to learn to live with it. It is known to occur in families which suggest the involvement of a hereditary factor.

— Dr Amrinder Bajaj, MD.



Tips To Make Dieting Easier

Self restraint with a perfect plan.

By Anshika Sharma

The term diet implies “a way of eating or lifestyle”. It is nowadays commonly associated with some extreme measures which include both starting and stopping points.

Dieting is the regulation of food intake to improve one's physical condition, especially intending to reduce obesity, or what is considered to be excess body fat.

Dieting plans are based on the reduction of any macronutrients such as fats, carbohydrates and proteins that form a major part of the food, which are essential sources of energy and are consumed by a person.

There are many weight loss diets out there. Some focus on curbing your appetite, while others restrict calories, carbs or fat. Since they all claim to be the best, it can be hard to know which ones are worth a try.

The truth is that no single diet plan is best for everyone and what works for you may not work for someone else.

The first step is to figure out which healthy diet is best for you. But even after choosing a meal plan or eating pattern, maintaining that healthy diet day in and day out has its fair share of difficulties.

Dieting is difficult. It's a pain to start with and an even bigger pain is to sustain it. If you're like most people, you can burn fat faster initially, but it only takes a few weeks for your motivation to wane and bad habits to enter your newly adopted diet. Then you're back where you started – or worse, you gain weight.

The good news is that no matter how hard it seems on some days, it's possible to stick to a healthy diet, and it doesn't even mean you have to give up your favourite foods.

So, you have finally decided to lose weight. Good! That's half the battle won, for where there is a will there is a way.

Here are a few tips to help you

- Get a good weighing machine. You can weigh yourself every day or once a week, preferably at the same time. Maintain a record of your weight. Factors like wet hair (which retain water), not emptying the bowels and bladder, and wearing bulky clothes contribute to increase in weight. In women, increase in weight should be expected during the pre-menstrual phase of the cycle. This is due to water retention. Once the period starts, the excess water is automatically flushed out of the body. In the initial phase of dieting, you will lose weight faster. After this, a plateau is reached. Do not get disheartened, as this is normal. After the plateau phase, you will start losing weight again.
- Focus on 'cans' rather than 'cannots'. Happily, it is possible to overcome your pessimism. The next time, a negative thought pops into your head, force yourself to come up with something positive to replace it. If you practise it often enough it will eventually become an automatic response both during and after this easy regimen.
- Don't restrict any foods from your weight loss plan, especially the ones you love. Banning foods will only make you crave for them more. There's no reason why you can't enjoy the occasional treat as long as you stay within your daily caloric allowance.



- According to a study presented at the American Dietetic Association, each diet soft drink consumed daily can increase your risk of being overweight by 65 per cent. Other research suggests that

KEEP A DAILY RECORD OF WHAT YOU EAT AND DRINK. THIS WAY YOU WILL KNOW IF YOU EXCEED YOUR PRESCRIBED INTAKE. WHEN SELF-MONITORING YOUR PROGRESS, REMEMBER THAT WEIGHT LOSS AND GAIN ISN'T THE ONLY WAY TO MEASURE HOW FAR YOU'VE COME.

artificial sweeteners may stimulate the appetite, causing you to overeat. Instead, drink plain or sparkling water with lemon to taste.

- Think twice before crash diets. Crash diets typically rely on extreme calorie restriction to achieve rapid weight loss results. But here's the thing about crash diets in general from keto to Atkins, and everything in between the results usually doesn't last long.
- Keep a daily record of what you eat and drink. This way you will know if you exceed your prescribed intake. When self-monitoring your progress, remember that weight loss and gain isn't the only way to measure how far you've come. Knowing how to read food labels can help you make healthier choices. Use the calorie information to find out how a particular food fits into your daily caloric allowance on a weight loss plan.
- Instead of refined and processed white foods, aim to have whole-grain starches like brown rice, whole-wheat pasta, whole-wheat bread, and bran cereals. For the most part, the more brown the food, the more fibre. There will be more, and getting enough fibre is the key to weight loss. The nutrient helps you feel full and reduces the absorption of calories from other food sources.



- Have plenty of water, around 8-10 glasses in a day. Water is the only substance having zero calories it imparts a sense of fullness so that you feel less hungry and it also flushes out the body. A glass of lemon juice with honey, first thing in the morning, is said to be good for losing weight.
- To ward off those hunger pangs eat plenty of salad. Lettuce, onions, tomatoes, radish, cucumber, carrots, beetroot and cabbage are not only low in calories, but they also provide the much needed fibre, vitamins and minerals that the body needs.
- While keeping only low calorie foods in the fridge is possible for people staying alone, it is impossible for those with a family. Paste a present photograph of yourself on the fridge door to remind yourself of how you look, every time you open the fridge for a snack.
- Arrange your food on your plate in an attractive manner piling your small helping onto a large plate makes it look smaller Put small helpings in a small plate. This way the plate looks full.
- Motivate yourself by losing weight with a friend. Or you can reward yourself for every 5 kg lost. Along with dieting adopt a regular beauty-enhancing programme. This will not only act all an incentive, but after you lose weight. You will also have a firm glowing skin and shining hair.
- An empty mind is the devil's workshop. If you have a lot of time on your hands, you'll always be thinking about food and feeling hungrier. Do something and keep yourself busy.
- Try to consume snacks that are high in protein and fibre can help keep you feeling full like fresh fruits, veggies, yogurt, popcorn, hard-boiled eggs, mixed nuts, or maybe whole-grain crackers. It is normal to binge. Do not feel guilty and stop dieting after a binging session. Continue your diet as before.
- Don't gobble your food up. Let meal-time be an occasion. Concentrate on your food while eating. Don't eat while working. Sit down, relax and savor each morsel. Chew the food thoroughly. The act of chewing gives a sense of fullness.
- Don't go to sleep immediately after dinner. This way the calories don't get burnt up but are stored in the body. Have a light dinner preferably early.
- Exercising along with dieting will help you to lose weight faster, as more calories are burnt up. Muscle tone will also improve. But you should consult your doctor before you take up any form. **We**



Cobwebs

In the corner of the closed window
Behind the geometrical iron grill,
The cobwebs are dancing
To the mood of the wind.

Long strands, net of intricate web
Fluttering and spinning erratically
Sometimes lazily, gracefully
Or like Sufi dervishes.
Circling in feverish ecstasy,
Like clothes on a line
Swirling in a strong wind.
Long hair swirling around a girl's face,
Making her curtained glance tantalising.
Or flames of a bonfire leaping hungrily,
Clawing tendrils reaching out grasping tongues!

A strong gust pulls out the last delicate anchor
The cobweb spins helplessly, desperately,
Latched by a mere silken strand.
At last, it lets go and is whipped away,
Lost forever, all ties wiped out!

By Manjari Lopez

AS YOU SAY

THE POWER OF POSITIVE THINKING



In our daily routine, we carry on smoothly as long as we don't get disturbed by negative feelings which spoil our morale. Whenever I feel low, I always think about the articles which are published

frequently in your issues and feel fresh. 'Don't Worry and Be Happy' published in your October issue was an interesting read. I realised that we should not pollute our minds with negative thoughts. Exercise, prayers, and helping others keep us active physically and mentally. While I was in Bangalore, we remained active physically and mentally while an educated woman who was a retired lecturer, used to complain about her problems and developed self-pity. I repeatedly used to tell her that she

should not underestimate her potential and be positive in any situation. Initially, she never listened to me but later on, she realised it and thanked me frequently for changing her attitude. My positivity has increased by going through your articles. Contentment, unperturbed by any situation and positive thoughts not only make us healthy and happy but enhance us emotionally and physically throughout life. Thanks for publishing such motivational articles.

—Indira Gopala, Tamil Nadu

POST-COVID CONDITIONS



In your editorial, you expressed your concern about covid after effects. Every state has to follow rules and regulations to control the situation. In this regard, I would like to

appreciate Tamil Nadu's chief minister Mr. Stalin efforts of to create awareness about vaccines and booster doses. During the Pongal festival, he had given a special bag containing 20 things for people's use and the underprivileged people were benefitted from this scheme. Poor people are very happy about this scheme. Moreover, the chief minister has also extended his help through 'food centres' to give free food to poor people. Moreover, women

are allowed to travel free in government buses. This enables poor women to save some money for their families. Such efforts have to be extended to other states also, and the economically weaker section should be given such comforts of Tamil Nadu. This would improve the situation of the poor people during Covid time as they are the worst affected in this period.

—Pooja, Mumbai

STORY OF DISABLED OLD MAN



While reading the story "Abandoned" in your January 2022 issue, it was like watching a family next door. I was terrified by the rude approach of the police officials

towards the blind old man. We can very well imagine the plight of uneducated people under such officials. It was very soothing to note that the old man was not at all disturbed or discouraged by the attitude of the police, despite being blind. The helpful Rina and Rajeev deserve a special mention in taking care of an old stranger and helping him in every way to Come out of the situation. This story proves that disability is only physical but one has to be strong and positive to face any situation in this troubled world.

—Ananya, Delhi

THINK HAPPY, BE HAPPY

How To Be Happy in your January (2022) issue was very interesting. The factors which help in excellent and motivating one. It is good to learn that happiness is not in accumulating wealth but only lies in good health. Instead of expecting happiness, it is always better to create one for you. I find pleasure in making good dishes for whoever visits our house and has seen happiness and satisfaction in their faces. Entertaining guests gives you immense pleasure and satisfaction. It is always good to interact with our friends and relatives



and it is a morale booster also.

The fact that negative emotions increase illness only proves that positivity is the only mantra to 'Happiness'. By exploring happiness in whatever we see and experience in our daily life, our state of happiness remains constant. Watching nature, birds, and feeding animals and needy people adds to our happiness. I am very happy that your article has enhanced my 'happiness quotient'. Kudos to Woman's era for publishing such an article in its 'New Year' issue.

—Vanshika, Rajasthan

TRUE Incident

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